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ESSEX FARMER AND HOMEMAKER

VOL. 24

HATHORNE, MASS. JANUARY, 1942

NO. 1

Entered as a second-class matter, May 28, 1919, at the Post Office at Hathorne, Mass., under the Acts of August 24, 1912.

Saving for Defense

With the coming of each new day we hear a cry that is becoming stronger with each turn of events. "What can I do?" With every day more people are finding ways of bolstering our defense. Yet there is much that we can do just in everyday living.

Perhaps the best and most profitable thing the homemaker can do is use every bit of what she has and use it to its fullest value. The best illustration can be that of clothing, particularly women's. With styles that change from year to year, sometimes to the extreme, it is little wonder that a dress made two years or three years ago has become queer looking and old fashioned. For that reason many garments, still only partly worn are left to adorn the closet until the time when, in desperation for need of space, the homemaker disposes of them. But the material is still there and in that lies possibilities.

How? — let's try getting into the mood of making instead of remaking, play that you have a nice piece of material. Don't think because it is a coat it must remain a coat. Perhaps it can become a dress, skirt, bolero or skating outfit, even a child's snowsuit.

By studying the garment you can look for possibilities. The garment with the least tucks and gores give the largest amount of workable material that will lend itself more easily to re-styling.

(Continued on page 2, col. 3)

FARMERS' and HOMEMAKERS' DAY

At the last meeting of the Board of Trustees they voted that the 28th Annual Farmers' and Homemakers' Day will be held on Wednesday, March 18. In the next two issues of the Farmer and Homemaker we will give you the plans for the day.

BREEDING SCHOOL

The dates set for the Breeding School are January 22 at 1:30 p.m.; February 12, 19; March 5 and 12 at 11 o'clock here at the School. Prof. V. A. Rice, Head of the Division of Agriculture will conduct these lessons. Have you enrolled yet? Send your application to County Agent Francis C. Smith, Hathorne.

Garden Chat

Farm machinery should be looked over NOW and not next April. Reports indicate that if you wait until Spring you may not be able to get replacement parts. Why not overhaul all your farm equipment right off, grease and oil all moving parts and replace any worn or broken parts that show needs. Most folks are not too busy at present to take care of this urgent need and if you haven't taken care of your tools make a point to at once. This will give you several months for new parts to be delivered, if they are not in stock at present. Perhaps your machine or tool is so badly damaged or worn that you should purchase new equipment. If this is the case, order at once if you really expect to receive it for 1942 use. By putting the matter off too long you may not be able to get what you desire later on.

Another suggestion — get your fertilizer, spray or dust material and seed orders in as early as possible. Prices are higher and some items seem to be short. Some varieties of seed seem to be very scarce as indicated by the rise in price. If any growers plan to use any old seed it would be well to test it during the next month or so to see what its germination shows. If you found that it would only germinate 50% you can sow twice as much seed at seeding time but had you not tested, you would not have had more than half a crop. You may have found by testing the seed, that it was too poor to plant at all and therefore should purchase new seed.

In order to plan your seed order, etc., you should decide on what crops you are planning on for this year. To successfully operate a farm you should make a plan of your crops so that you can refer back from year to year to know what crop grew on a piece of land and from this information you can work out a good rotation program.

In your planning for this year's crops it might be well to consider the use of high analysis or double strength fertilizers. Labor and time will be important factors this season and if you can apply your plant food quicker and for less money by using double strength you will not only be helping in the Defense program but you will be aiding yourself.

Present information in Massachusetts does not call for any vegetable acreage increase so you can plan accordingly for 1942.

C. M. Stearns

These Our Taxes

Despite the fact that most people would have us believe that paying taxes is a painful duty, nevertheless a large number of those same people struggle to attain some taxable property. This tax load on the individual can be lightened only by reducing government costs, and in such an emergency as now exists government costs must inevitably rise.

The money that is paid by citizens to the government in the form of taxes is used for the benefit of the whole country. True, sometimes waste and inefficiency have crept in, but by and large, the individuals in this country have received many benefits that they could not have procured for themselves. Our highway systems, our educational facilities, our public safety organizations are evidences of this. In fact, some of the services rendered by the government cost more than the taxes collected for them. Good citizens do not consider a fair tax a thing of evil and they cooperate with the government and pay such taxes promptly. However, in every group there are those who believe in receiving but not in giving, and repeat the old saying "Nothing is sure but death and taxes".

Since a government can spend only what it collects, it is only natural in the present crisis that the government must spend large amounts, and so must collect large amounts. There are three theories for levying taxes: the "ability to pay", the "equal distribution", and the "benefit" or "cost" theory. The ability-to-pay is sometimes known as progressive taxation. There is a tendency at the present time to use this form most widely on the theory that those having larger incomes can give up a larger part of them since the most of any small income is needed to buy necessities. The

(Continued on page 3, col. 2)

4-H PAPER CAMPAIGN FOR UNCLE SAM and CAMP LESLIE

A paper campaign is in progress throughout Essex County. All 4-H leaders and members have been urged to save magazines, newspapers, cardboard and Christmas paper. Paper is very scarce and this is one way in which 4-H can help Uncle Sam, and still make some money for Camp Leslie.

Don't waste paper! Save small pieces, large bundles. It's worth money. 50 cents for 100 pounds. A large 4-H Banner will be awarded to the 4-H club which saves the most waste paper. Get your neighbors to help put this campaign across. We're All Out for Paper !!

Essex Farmer and Homemaker

HATHORNE, MASS.

Published monthly by the Trustees of
the Essex County Agricultural School

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SOIL TESTING SERVICE

During the past year the School has tested 1160 soil samples for the farmers and others interested in growing plants. Of this number 847 samples were tested for the Conservation Service. This is the fourth year that this service of testing soil samples has been given to the people of the county. Not only has it been of service to the farmers and the Conservation department but also they have cooperated with the Extension Department and the State College.

Through the cooperation of the Conservation Service a Beckman Potentiometer has recently been added to the Soil Testing facilities at the School. This machine which is electric is a valuable addition to the equipment and is one of the most accurate and quickest machines in determining the pH (acidity) of the soil.

With this fine machine the Soil Testing Service here at the School should be of more value during the coming season as there will be the need of raising better crops.

Alton G. Perkins
Science Instructor

NEW OFFICERS ELECTED

Several of the County groups have held their annual meetings during the past month and elected new officers and in some cases re-elected officers. The Agricultural Conservation Program re-elected their officers for the coming year as follows: Chairman, Harry L. Cole, West Boxford; Joseph F. Smith, Lynnfield, vice chairman; W. Dana Bragdon, Methuen, regular member; Wm. Hobart Clark, Danvers, First Alternate; Harry Blackadar, Haverhill, Second Alternate.

Fruit Growers elected President: Bradford Webb, Wenham; Fred Reed, Ipswich, vice president; C. M. Wood, Danvers, secretary; Henry Britton, Rowley, treasurer; Archer Pierce, Peabody, William Corning, Lynnfield, and Philip Hills, West Newbury, executive committeemen.

Vegetable Growers elected: Charles Holden, Peabody, president; John Rasmussen, Andover, Harry L. Cole, West Boxford, vice presidents; Calton O. Cartwright, Danvers, secretary; Carleton M. Stearns, treasurer; Thomas Skahan, Saugus, member of executive committee for four years. Delegates to the Massachusetts Federation of Vegetable Growers Association were re-elected: Charles Reynolds, Peabody; Calton O. Cartwright and Wm. Hobart Clark of Danvers. Alternates are Carleton M. Stearns, James Wrest, and Joseph Sylvester.

BLACK-OUTS APPLY TO POULTRY FARMS

Black-out orders, if and when they come, will apply to poultry houses which have all night lights. Under present circumstances, however, it seems best just to plan on turning out the lights rather than to go to the expense of preparing special black-out equipment. This was the statement issued this week to Massachusetts poultrymen by Gay T. Klein, extension specialist in poultry at the Massachusetts State College.

There is considerable expense in making a hen house light-proof, so Mr. Klein suggests that it might be simpler to use a combination of evening and morning lights rather than all night lights. Any system that would give the flock a 12 to 14-hour day would be satisfactory.

Poultrymen of course realize that two or three successive nights of black-outs would probably disrupt egg production. However, after February 15 there should be little difficulty on this score since then the days will be of sufficient length that lack of artificial lights at night would not be serious.

However, if poultrymen feel that they should be prepared for black-outs, Mr. Klein suggests that the cheapest and best way would be to make light wooden frames which can be quickly fastened over the windows. Cover these, he says, with building or roofing paper. This is much cheaper than using burlap or cloth since any type of cloth would have to be painted with asphalt or other heavy paint, thus making it rather expensive. Furthermore, good burlap bags are at a premium.

ALUMNI NOTES

Ruth Adams '41 is employed at one of the Howard Johnson restaurants at Orlando, Florida. Ruth's address is 41 East Winter Park Avenue, Orlando, Florida.

Doris Englehardt '41 and Lucy Tela '41 are in nurses' training. Doris is in Lawrence General and Lucy at St. Joseph's in Lowell.

Barbara Hennigar '41 is employed at the Wilhelmina Gown Shop in Wakefield.

Ina Stephenson '41 is employed as a waitress in the Dormitory at the University of Connecticut.

Edith Boissonneault '40 is studying at the Wilfred Academy in Boston.

Alice Currier is now living at 20 Newell Street, Utica, New York.

Martha Weiland '39 was married August 30, to John P. Shaw.

Alice Croteau '39 was married to James Cashman '37 on November 20, 1941.

Ruth Tronerud '37 is a Home Economics teacher at Williamstown, Mass.

Nathalie Sheldon '38 is a Laboratory and X-Ray Technician at Calais Hospital, Calais, Maine.

Mary Anderson '39 is employed in the Peabody High School Cafeteria.

Grace Marshall

SAVING FOR DEFENSE

(Continued from page 1, col. 1)

Next study the pattern wanted. A pattern that follows the fundamental lines of the old can most easily be adapted to a new style. When the pattern has been decided upon, the old garment should be ripped open on all side seams and the pieces laid flat, that is, the waist skirt and sleeves.

Re-styling can best be accomplished by pressing all seams flat for ease in handling and placing the new pattern. Then changes can take place, fullness can be added in front by using the sash, puffy sleeves can be altered and cut down to the new smoothness, unpressed pleats can actually be pieced goes.

Buttons, clips, bright embroidery will lend interest and add to the attractiveness of the new garment.

Nor is one limited to a dress, a man's suit taken apart and recut to make narrower can make an attractive tailored jacket. If the trousers are opened flat, skirt lengths can be cut and a plain skirt with a slight flare will complete a smartly tailored girl's suit.

Here, then lies unlimited possibilities for using what we have, testing our own resourcefulness and doing our bit for national defense.

Helen Melanson
Apprentice Teacher

SUPPLEMENT

ESSEX FARMER AND HOMEMAKER

SCHOOL NOTES

JANUARY, 1942

CHRISTMAS CAROLS

If one was present in the Homemaking Department during the week before Christmas he could hear the echo of Christmas Carols being sung by the different home rooms on many occasions. Each home room selected a song which it sang and on Friday, December 19, the boys of the Agricultural Department and the faculty of that department gathered in the faculty dining room and sang carols after the girls had concluded their part.

In the morning members of the Homemaking Glee Club visited the Agricultural Building and from the gallery of the assembly hall surprised the Agricultural students and faculty by singing carols to them.

Marjorie Pierce



ECHO CLUB EMBLEM

On the emblem of the Echo Club is a colonial lamp known as a Betty Lamp.

The Betty Lamp was used by the thrifty colonial homemaker because fat too poor for candlemaking could be burned in it.

The lamp, perhaps somewhat dingy and commonplace, was an ideal piece of equipment in the colonial home.

The Betty Lamp was a deep boat-shaped saucer and could be hung by a chain to any convenient hook. The wick was made of a linen thread or twisted rushes which burned and gave a fine glow.

The light it gave was a rather feeble, smoky one, but it saved the winter's supply of candles for special occasions.

By the light of the Betty Lamp, the colonial housewife carried on many household activities such as spinning, weaving, and sewing for her large family.

It is fitting then that the symbol of the Echo Club and other Home Economics Clubs should use this lamp, which symbolizes the thrift and industry of the colonial homemaker.

Girls in our school join our Echo Club to learn to appreciate and carry on homemaking activities in the best and most economical way by trying to portray the true character of our grandmothers and great-grandmothers who so nobly used our symbol—the Betty Lamp.

Eliza Hebb

WINTER EVENING RECIPES

What could be better on a cold winter's evening than to gather the members of the family around a cozy spot and make popcorn and other winter goodies.

Below are two recipes that are simple, economical and lots of fun to make. The pop-corn cake is good anytime and lasts a long while. The apricot bread is delicious with cream cheese and hot chocolate.

Popped Corn Cake

2-3 qts. popped corn
1 cup sugar
¼ cup corn syrup
1 tsp. salt
¼ cup water
2 Tbs. molasses
1 Tbs. butter

Pick over popped corn and chop. Put sugar, corn syrup, and water into sauce pan, stir until it boils and cook to 270° F., or until candy cracks when tried in cold water. Add molasses and butter and cook to 290° F., or until it is very hard when tried in cold water. Pour over sufficient corn to make a malleable mass and roll out on buttered slab. Cut in squares.

Apricot Bread

½ cup sugar
2½ cups flour
2/3 tsp. baking powder
½ tsp. salt
¾ tsp. soda
3½ Tbs. shortening
1 egg well beaten
1 cup butter or sour milk
½ cup nut meats
½ cup apricots cut in small pieces

Mix dry ingredients and cut in shortening, mix eggs with buttermilk or sour milk and add liquid and dry ingredients. Add apricots and nuts. Bake at 350° F., for one hour.

Laura Onistzuk

SENIOR CLOTHING PROJECTS

The seniors recently completed their wool dresses. Some of the girls have been fortunate in having had them finished in time to wear at the Christmas dance and during the Christmas vacation.

The girls are now ready to start on their next projects which are children's snow suits for the Red Cross. The suits are being made in blue or tan or a combination of the two. The materials are furnished by the Red Cross.

The Seniors are furnishing their ability, skill and time to make these suits look well and be carefully made to withstand the strenuous playing that youngsters of nine will enjoy. All the suits are the same size, and so will fit a nine year old youngster.

The suits are fairly simple to construct and it is not expected to take more than four sewing periods to complete them, but during that time the girls will be receiving valuable instructions that will make this short sewing project more than worthwhile for the time invested by them.

Lorena Loeffler

HOME PROJECTS

The High School and Senior Classes have just completed their lessons in bathing the baby. All the girls should now feel able to take complete charge of the baby's bath.

During this time the girls discussed the Virtues of Good Toys and found we could make the toys ourselves. In these times when it is necessary to economize the practical homemade gifts such as stuffed animals are excellent gifts for children. This is what many of the girls did for Christmas. Other girls dressed dolls, made fancy aprons and some knitted mittens and various other articles.

Margaret Colby

HOSTESSES TO A. V. A.

The American Vocational Association held its annual convention in Boston during the week of December 10-13. From this convention came visitors to the Essex County Agricultural School. There were five women who visited the Homemaking Department to see how classes are run in this school. There were nineteen men who visited the Agricultural Department. After an inspection tour of the school, these people were served tea in the faculty dining room and members of the Senior Class poured and served.

Marjorie Pierce

LAUNDRY TRIP

On December 8 the Freshmen of the Homemaking Department made a field trip to the Meadowbrook Laundry in Lawrence, under the supervision of Mrs. Butman, their instructor in House Care.

At the Laundry the girls were shown how garments and clothes were laundered. Clothes are separated according to both color and fabrics.

Rugs are cleaned and pillows are repaired.

The purpose of going to the industrial laundry was to compare the professional way of laundering to the way it is done in the homes.

Virginia Ayles

Sept. 13, 1945

SEARS-ROEBUCK'S AWARDS

During December there were two events held here at the School and awards were given by the Sears-Roebuck Co. The First Annual Livestock and Showmanship Show was held December 10. The prizes were valuable books and went to George Wildes of Wenham who was judged the Premier Showman; Edward Moran of Lynn, Junior Showman; and three were judged Showman: First to William Mahoney of Salem; second: Franklin Barlow, Methuen; third: George Wilmot of Topsfield.

The judges for this show were Robert McKenzie of Argilla Farm, Ipswich; Rex LeParrentiere of Wethersfield Farm, Danvers; and V. Byron Bennett of Ipswich. County Agent Smith was recorder; 4-H Club Agent Colby was announcer.

At the Christmas Decoration Show books were given to those who won the sweepstakes by the Sears-Roebuck Co., these went to Robert Bertram of Salem, Priscilla Glines of Andover and third to Thomas Blanchette of Salem.

GREEN AND WHITE

The Editorial Board of the Green and White has been appointed and as soon as vacation is over they will begin work on the issue which will come out in the early spring. Those on the Board are: Editor-in-Chief, Christos Mpelkas; Business Managers: Robert Andersen, Robert Bertam, Elaine Kennedy, Marilyn Ostler; Alumni: Leona Fregeau, Mary Carey; Humor: George Hoffman, Claire Oak; Sports: Harold Kelley, Edward Lynch, Helen Pettingill; Art: Carolyn Archambault, Peter Farrell, Warren Heath; F. F. A. Reporter: Priscilla Glines; Echo Club Reporter: Mary Lovely; Senior Editors: Eugene Burr, Ralph Reynolds, Robert Bertam, Lillian Drapeau, Agatha Stravinsky, Virginia Rushworth, Ada Fothergill. Faculty Advisors: Literary: Miss Verna L. Clarke, George E. Gifford; Business: Miss Ruth Emerson, Carleton M. Stearns, Christos Mpelkas

CHRISTMAS PARTY

The annual Christmas Party & Dance sponsored by the Echo Club, whose guests were members of the F.F.A. and the Faculty of the Agricultural Department, was enjoyed on December 19.

The student body was entertained by the English Hand Bell Ringers of Beverly. Catherine Cahill and Constance Kruschwitz gave readings which were very much enjoyed. Ruth Hurrell and Dorothy Fowler played a piano duet entitled "Under the Banner of Victory March".

At three-thirty dancing commenced to the strains of Del Mars' All-Girl orchestra.

The social affair ended at 5:30 with everyone having a grand time.

Eleanor Duffy



THE F. F. A. EMBLEM

The emblem is made up of five symbols - the owl, the plow, and the rising sun, within the cross-section of an ear of corn which is surmounted by an American eagle. Upon the face of the emblem appear also the words "Vocational Agriculture" and the letters "F. F. A."

The owl is symbolic of wisdom and knowledge; the plow is the symbol of labor and tillage of the soil; the rising sun is emblematic of progress and the new day that will dawn when all farmers are the product of vocational agricultural schools, and have learned to cooperate; the cross-section of an ear of corn is indicative of the national scope of the organization, as is also the American eagle. (The emblem is protected by copyright.)

F. F. A. BUDGET

After a series of General meetings the Essex Chapter has voted approval of the various Committee and Clubs budgets for 1941-42. The executive committee had previously spent many hours in going over the budgets and in most cases their recommendations were approved by the members.

PUBLIC SPEAKING

The school elimination contest will be held late in January with at least six speakers. The following contestants are now preparing speeches for this annual event. February 4, is the date set for the County District Contest when teams representing Norfolk and Bristol will be our guests. Those who are working on speeches are Sidney Barlow, "Starting a Florist Business"; Leo Dubois, "Bugs"; Richard Durense, "Why I Chose Farming"; Stanley Nelson, "Food For Defense"; Edwin Hyde, "Nutritional Milk For Defense"; George Hoffman, "Rural Youth"; and Joseph Laura, "Conservation of Wild Life".

H. K. WEBSTER'S AWARDS

The H. K. Webster Grain Company of Lawrence has awarded books to the four students who had outstanding exhibits in the Science Exposition in November. These books were awarded at an assembly just before vacation and went to Harold Kelly of Beverly; Robert Bertram, Salem; Robert Andersen, Gloucester; and Christos Mpelkas of Lynn.

PARKER AWARDS

The Parker Grain Co., of Danvers have given several awards to students who have outstanding exhibits this fall. Robert Anderson of Gloucester was given a gold medal for his exhibit at the Science Exposition.

A beautiful plaque was given to the School at the time of the Livestock and Showmanship Show by the Purina Feed Co., through their Danvers representatives the Parker Grain Co. On this plaque will be engraved the name of the winner of the Premier Showman award, and all those who win this award for the next twelve years.

WORK FOR DEFENSE

The girls in the Homemaking Department are going to do more Red Cross work this year as well as other forms of work for defense.

Plans are made in clothing for the Freshmen to make outing flannel pajamas and for the Juniors to make tailored shirts. The Seniors have planned to make snow suits for youngsters. In Home Project, plans are for the making of Toddlers' Packs which will include mittens and bonnets for toddlers about two years old.

These projects will be included in the year's work of the girls and when finished will be sent to England and other places where they will be received with welcome.

The Freshmen are also doing work pertaining to Defense in Citizenship with Miss Clarke and Miss McKunkin. They are studying why the government is selling defense bonds and stamps, also the interpretation of "defense" and "democracy", "the American Way of Life", the "obligations and duties" as well as the "rights" that a citizen has.

Miss Emerson's girls in foods classes have before them a motto which may mean a lot to Americans - "Make America Strong by Making Americans Stronger". The person who is strong will be helping America more than one thinks he is. The average person should eat as follows in one day: 1 pint milk, 1 or more servings of meat; 1 egg; 1 leafy vegetable or yellow vegetable plus potato and one other vegetable; ½ cup citrus fruits or 1 cup tomato juice and 1 other fruit; 2 tablespoons butter. Bread, whole grain or enriched bread and cereals.

These foods will give you pep and vim and will keep your body in good shape. So let's all try to help America by being strong and keeping strong.

Gloria Kennedy

ATTENTION ALL!

Many of our graduates and former students are now in the Service of the United States, if you know the address of any of these boys and girls, will you send them to the Alumni Office here at Essex Aggie? We want to have a complete list, and with your help we will do this.

Editor

COUNTY WIDE 4-H DAIRY MEETING

On December 12, a County wide 4-H Dairy meeting was held in West Newbury with 22 present. Mr. Harley Leand, assistant State Club Leader was present and talked on the "Advantages of 4-H Dairy Work", also on the Hood Achievement Prizes.

Mr. Leland explained that the prizes were to be given by the Charles H. Hood Educational Trust. This contest offers \$300 yearly for three years to the 4-H Dairy Project in Massachusetts. The prizes will be used in the following ways:

1. \$50 will be used to recognize the four most outstanding Dairy Clubs in the State. Two clubs in the Eastern Counties of Mass., and two clubs in the Western Counties. These prizes will be awarded according to a definite score card. In order to compete a club must have a program, a leader, at least 10 regular meetings, demonstrations, and talks must be given, the club must exhibit. The club must do some community work and be active teaching Health, Music and Conservation in the Club.

2. \$150 will be devoted to a type and production contest for members who have milk producing animals.

3. \$100 will be devoted to help send a Massachusetts Judging Team to the National Dairy Show. The team will be selected by the Assistant State Club Leader.

The Club Agent showed colored slides of the 4-H Dairy Show at Topsfield Fair in 1941. He also discussed the definite aims for the dairy project in 1942.

The Awards were presented to all dairy members who completed their project. Mr. Silas Little, Leader from Newbury was presented a pin for his long service in Club work. Robert Woodworth was awarded a ribbon for having the most complete record.

Lyman Orcutt and Robert Woodworth both of West Newbury were awarded medals for being in the Dairy Demonstration Team which represented the Eastern Counties. The awards were presented before the West Newbury Grange. The meeting closed with the sound moving picture, "The Harvest of Tomorrow".

MILK FOR ARMY

We are doing everything we can to increase consumption of milk among our soldiers, say U. S. Army officials. Daily garrison ration per man contains eight ounces of fresh milk, one ounce of evaporated milk, two ounces of butter, and a quarter ounce of cheese. In 1776, one pint of milk was prescribed, but not often obtained. After this, fresh milk disappeared from the prescribed U. S. Army ration for over 150 years. The Quartermaster Corps' milk bill at present amounts to about sixteen and one-half million dollars. As one of the nation's largest consumers of milk, the army is teaching nutrition by example.

WARREN FRENCH

Word was received on November 18, Graduation Day here at Essex Aggie of the death of Warren French in an airplane accident at Pearl Harbor.

Warren left school in his Junior year because of illness, later he joined the air corps and was stationed in Hawaii. If he had continued on here at Essex Aggie, Warren would have been among those who received their diplomas on November 18.

His body was sent home and the funeral took place in Lynn, his home town on Wednesday, December 31. The pall bearers were four classmates and two intimate friends while here at E. C. A. S. they were: Robert Bowley, Howard Bacon, William French and Frank O'Connor all of Lynn, Joseph Waters, Peabody; and John Broderick of Danvers.

THESE OUR TAXES

(Continued from page 1, col. 3)

equal-distribution tax, which taxes the entire population the same is considered the most unfair form and it is used the least. Closely related to this second form is the proportional tax whereby everyone is taxed at the same rate. The benefit tax is regarded as a sort of fee and those who use or benefit from specific services should pay for them. License fees and postage stamps are examples. Also, some people feel that those who use the roads should pay for their maintenance and construction, hence the tax on motor vehicles.

Any good tax system has many characteristics. First, it should be easily understood by the majority of taxpayers; second, all persons should be taxed equitably, and there should be no more collected than enough to meet the needs of the state; third, there should be no duplication of taxes; fourth, the expense of collection should be small; fifth, the government should look to more than one source for its revenue; sixth, there should be as little shifting as possible (it should actually tax those levied and not be shifted to other's shoulders); seventh, it should be elastic in order to provide for the revenue needed; eighth, the time and payment of taxes should be definite.

In such a time of crisis and conflict as we now have it is needless to say every method of taxation will be used and every source of revenue tapped. The more defense bonds that are purchased will mean less revenue that will be asked for in taxation. Just so long as the public requires services from the government the people should be willing to, and glad they can, help support the government according to their ability. The people elect representatives to spend this public money and so the public purse is the private concern of every citizen in these United States.

Verna L. Clarke
Div. Head Academic Dept.

FARMERS URGED TO BUY SPRAYS

Fungicides and Insecticides Should Be Ordered Immediately.

Due to the war Massachusetts farmers may have difficulties getting their own materials of war to combat insect and disease pests on their 1942 crops, say Massachusetts State College authorities. The State College men urge all farmers to place orders immediately for 1942 supplies of fungicides and insecticides.

Slow production of these materials, use of the chemicals for war needs, restricted rail transportation, and a severe shortage of containers will delay distribution of spray supplies to dealers and farmers, they point out.

The Massachusetts State College men recently completed a survey of all principal Massachusetts distributors of insecticides and fungicides. The results of the survey show that, while minor shortages will appear in both lead and white arsenic, there will be enough of these raw materials to fill early orders of calcium arsenate, lead arsenate, Paris green, and the arsenites at least for 1942. Although there may be enough copper sulphate and other copper fungicides the supply is likely to be slow in coming. This indicates the necessity of farmers placing their orders at once.

Formaldehyde will be another material that will be very difficult to get during 1942. There probably will be sufficient supplies of bichloride of mercury and calomel, common materials used to combat many vegetable seed and soil-borne diseases and insect pests, although these materials will cost more in 1942.

The supply of rotenone up to the declaration of war with Japan is considered large enough to supply 1942 needs, but the cost will be higher this year than in 1941. The supply of pyrethrum, on the other hand, is considered above normal, and the price is expected to be lower than last year. Although no particular shortages appear to exist for such materials as sulphur, lime sulphur, spray oils, lime, nicotine sulphate, and cyanide, the shortage of tin cans and steel drums and paper bags will make these and other chemicals difficult to obtain.

SAVE BURLAP BAGS

Here's a call to farmers to take care of burlap bags. The government has taken over two-thirds of our usual imports of burlap for sandbags and other war uses; the U. S. Department of Agriculture requests farmers to take care of feed, fertilizer, and other bags used on the farm.

RESOLUTION

Farm management resolution No. 1 for 1942: Keep a complete record of farm expenses and income, because it is good business and because it will help in figuring out income tax returns next year, say Massachusetts State College agricultural economists.



4-H Club Notes



NEW BOYS CLUB IN ESSEX

A new 4-H Agricultural Club has been organized in the town of Essex. The club is known as the Chebacco 4-H Agricultural Club. Mr. Paul M. Wyeth of Essex is the leader and one very interested in Agriculture. His son, Paul Junior has a purebred Ayrshire calf. The officers elected at the last meeting were as follows: President, Paul K. Wyeth; Vice President, William A. Tompkins; Secretary-treasurer, John W. Mulcahy; News Reporter, Warren J. Haskell; Song Leader, Walter N. Joseph; Game Leaders, Everett Joseph and Perley B. Cummings.

SERVICE CLUB NOTES

The Essex County 4-H Service Club has helped the Camp Leslie fund by \$150. They voted at their last meeting on December 19, to have this money used by the Camp Trustees to help reduce the mortgage on the camp. That is true 4-H Spirit!

The annual banquet will be held at Essex Aggie on Saturday evening January 17. Those who have been in 4-H for five years will be honored. Rose Biodini of Beverly has charge of the reservations. The dinner will be catered, so be sure to get your reservations in early.

4-H CLUB GIRL

What are you doing for National Defense? Do you know that as a 4-H Club Member you are already playing an important role in preparedness?

4-H Club girls everywhere are doing their share by:

1. Learning how to make new clothes from old. (See article "Saving for Defense" page 1, col. 1.)
2. Building health and strength with nutritious meals.
3. Joining garden and canning clubs.
4. Helping the Red Cross. All 4-H Club girls who do Red Cross sewing or knitting as their projects will get full credit for this work.

Are you doing your part?

CAMP MEETING JANUARY 21

Dr. L. B. Sharp, Director of Life Camp Inc., from New York City will attend the camp meeting on January 21 at Essex Aggie at 7:30 p.m. Dr. Sharp is recognized as one of the leading authorities on camping. He has been asked to bring some colored slides on the Life Camp and to give all interested a chance to ask questions concerning any phase of camping. All those interested are cordially invited to attend this meeting.

ON TO VICTORY WITH 4-H

We are in the war! We are going to win the war with the coordinated effort of all true Americans! 4-H Club leaders and members must play a big part in this national emergency!

How 4-H leaders can Help Win the War

1. Leadership
Help to find more leaders so we can have more club members to carry on the 4-H Way. Older club members can help.

2. Citizenship
Teach the club members Citizenship and how to be better Americans. Salute the flag at club meetings. Discuss the values of the democratic way of life.

3. Health
Teach every club member the value of the Health H. Stress balanced meals, exercise, plenty of sleep and cleanliness, correct physical defects.

4. Food and Food Preservation
Encourage every club member where possible to raise some foods at home even if they only assist in their parents' gardens. We must raise more foods for defense! Eggs, milk, tomatoes and green leafy vegetables are particularly important. Next winter may be a hard one, stress Canning. Store vegetables in the cellar, for next winter. Keep 'Em Growing!

5. Conservation
Save paper for Uncle Sam and Camp Leslie.
Save metals and rubber for Uncle Sam.

See that all surplus products are not wasted but distributed to the needy.

Encourage Tree planting, when possible.

Teach club members how to put out fires and how to prevent fires.

6. Recreation
Recreation will be valuable to keep proper morale for all during the emergencies. It will help families who are working night and day in defense industries.

7. Thrift
Influence club members to buy defense stamps, to start a bank account, to know the value of money and how to make the most of what they have. Buy only what you need. Take care of what you have and waste nothing.

8. Post War
We must develop in club members the character and initiative which will help them take their place in the world after the war is over. There is liable to be many unemployed from defense industries. Let us help these young people to get jobs by having a real ability to get them. Give them confidence.

4-H is All Out For Our Own U. S. A.!

Byron Colby
Essex County 4-H Club Agent

A NEW 4-H AGRICULTURAL CLUB IN SALISBURY

The first meeting of the new club was held on December 4, at 7:30 p. m. Mr. Wesley Weeks of Salisbury is the leader and a former Stockbridge student. The club will be known as the Batt Hill 4-H Agricultural Club of Salisbury.

A yearly program has been planned with the Club Agent. The group meets every other Wednesday. It is interesting to know that there are six pig members enrolled in the club of 15 members. One member has a purebred Hereford beef animal which he is raising.

SERVICE CLUB OFFICERS FOR 1942

President — Frederic Usher
Vice Pres. — Robert Mitchell
Secretary — Eleanor Thurston
Treasurer — Inez Biodini
Program chairmen — Rose Biodini, Eleanor Reed
Radio — Ida B. Davis
Nominating — Ethel Webb
Banquet — Paul Corson
Service — Mildred Cann
Fair — Georgia Reed
Finance — Esther Usher, Laura Biodini, Clyde Crofts.
Advisors — Mr. and Mrs. Arthur Usher, Mrs. Florence Crofts.

These new officers will be installed at the Annual 5th year banquet, January 17.

ACHIEVEMENT DAY

The 4-H Sister Clubs of the Beverly Health Center held their Annual Achievement Day on December 6 at the Public Library. About 100 club members, parents and friends were in attendance.

54 club members completed the Big Sister project, which included care, feeding and clothing of pre-school children. Each member made one child's garment and one toy.

Miss Marion Parker was leader, with Barbara Low, Palmina Tanzella, and Eleanor Santin as assistant leaders.

At the Achievement Day each club dramatized an activity carried out during the club year, such as health, recreation, and care of children. Eleanor Santin was chairman of the program, and Barbara Low was music director. 4-H club pins were presented to the first year members by the Assistant Club Agent.

ESSEX FARMER AND HOMEMAKER

VOL. 24

HATHORNE, MASS. FEBRUARY, 1942

NO. 2

Entered as a second-class matter, May 28, 1919, at the Post Office at Hathorne, Mass., under the Acts of August 24, 1912.

Edwin C. Martin Receives Federal Appointment

Edwin C. Martin of County Way, Beverly, has been appointed Field Man for the State of Massachusetts under the Agricultural Conservation Program, with headquarters at the State office at the Massachusetts State College, Amherst.

Mr. Martin has been County Assistant in Conservation for Essex County since August 1938 with offices at the Essex County Agricultural School, Hathorne.

He is well qualified to fill this position as he is a graduate of the University of Maine Class of 1916, has been in Massachusetts since 1923 when he became Superintendent of the H. P. Hood and Sons Cherry Hill farm serving there for 13 years. Mr. Martin served one term as alderman from his local ward in Beverly City Government. Mr. Martin is married and has three daughters.

While Mr. Martin has been in the County office the number of farmers who have entered the Program has increased from 500 to 1550. Materials to farmers have increased so that last year 3,000 tons of lime and over 600 tons of superphosphate were distributed.

Miss Muriel Wrest of Danvers who has been Office Assistant since 1937 will be temporarily in charge of the County Office and orders for lime will be taken to March 1, so that deliveries may be made before the spring farming operations start.

LIME SAVES ON PHOSPHATE AND COSTS LESS

Dr. V. A. Tiedjens of the New Jersey Agricultural Experiment Station said in an address before the American Vegetable Growers' Association recently:

"After the soil is well limed we can consider our fertilizer problem. Acid soils tend to fix phosphoric acid. For this reason if we must farm acid soils (and we must in Essex County) we must use a 1-2-1 or a 1-3-1 fertilizer ratio so that plants will receive sufficient phosphoric acid. WITH SUFFICIENT LIME in the SOIL, a 1-1-1 or a 1-1-2 ratio would be more suitable because more of the (soil) phosphoric acid is available.

The above applies so well in Essex County where most soils are naturally acid that I quote for your benefit.

Francis C. Smith
County Agr'l Agent

Trained Men Are Scarce

The present scarcity of permanent farm labor will become more acute as the all-out effort for complete Victory is accelerated. Due to this situation there will be an ever increasing demand for high type employees capable of handling managerial responsibilities. A definite lack of opportunities of this type during recent years is responsible for the shift of many capable young people from agriculture to other occupations. Many will feel that now is the time to return to the type of work they enjoy.

The Essex County Agricultural School is receiving and will continue to receive many requests for high type employees. Wages are relatively high and most of the jobs are genuine opportunities for permanent employment. The school is in a position to help its graduates and others to find satisfying and worthwhile jobs in agriculture.

COMING FLOWER SHOWS

Among the numerous exhibits at the 71st New England Spring Flower Show at Mechanics Building, Boston on March 16-21, three involve members of the student body or staff of the School. These are a backyard garden, a group of houseplants and an educational exhibit demonstrating the propagation and care of begonias.

The backyard garden is one of five to be planted by agricultural departments and county schools of agriculture. Each garden will cover 300 sq. ft. and will be planted to vegetables, fruits and flowers.

Itemized costs and cultural notes will be shown for the information of visitors. The garden from the School is fostered by the Committee on Fairs and Exhibits of the F. F. A.

A group of house plants is being entered for the third successive year by the Essex Floriculture Club, through a committee, Ralph Marshall of Gloucester is chairman and he is assisted by: Robert Bertram, James Furey, Thomas Blanchette of Salem; Mary Carey, North Andover; Priscilla Glines, Andover; and Gilbert Fournier of Lawrence.

The educational group of Begonias is being staged by the New England Branch of the American Begonia Society with which the Division of Floriculture of the School is cooperating.

The Show schedule provides for 161 classes of exhibits, and, among these, gardens of several sorts will predominate.

H. Linwood White
Instructor in Floriculture

Farmers' and Homemakers' Day, March 18

Plans under way for the twenty-eighth annual Farmers' and Homemakers' Day on March 18 promise to make it one of the best yet, and should call forth one of the largest audiences we have ever had.

Last year a cold day kept some folks at home, but this year we are hoping for fair and warmer weather. People will find the main hall more comfortable on a cold day, and we can promise them comfortable conditions inside all over the grounds.

It is hoped to have a speaker of national reputation for the morning session. We are sorry we cannot announce the name in this issue, but we will give plenty of publicity as soon as the arrangements are definite. Watch your newspapers for further word concerning this morning program.

Afternoon sessions for homemakers and home gardeners, for market gardeners and fruit growers, for dairymen and growers of field crops, and for poultrymen, will be held at various points on the campus. The baby chick show will again be a feature of this year's program.

Ample and satisfying lunch provision will once again be available through the cooperation of the 4-H County Service Club.

The usual fine trade exhibit in the gymnasium of the main building, and room after room of fine educational exhibits in both the Agricultural and Homemaking Buildings will provide something worthwhile for every moment of the day.

Come for the 10:30 a.m. session and plan to stay through until the last program is finished in the afternoon.

Essex Aggie welcomes you, one and all, once again.

Harold A. Mostrom
Director

The Queen of Hearts
Has made some tarts,
She's going to have a party;
So if you have a heart, please come,
Your welcome will be hearty.

Are you planning a home or community Valentine Party? A leaflet entitled Suggestions for Home and Community Parties for St. Valentine's Day may be obtained free of charge from Miss Katherine M. Lawler, County Home Demonstration Agent, Hathorne, Mass.

Essex Farmer and Homemaker

HATHORNE, MASS.

Published monthly by the Trustees of
the Essex County Agricultural School

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NUTRITION REFRESHER MEETINGS

Three Nutrition Refresher Meetings will be held at the Essex County Agricultural School on February 26, March 12 and March 26, from 4:30 to 8:30 p. m. An inexpensive supper will be served at 6:00 p. m. The purpose of these meetings is to bring up to date homemakers with home economics training and it is hoped that the homemakers will be available later on to help with nutritional teaching in their own communities if the need arises.

Registrations should be in by Monday, February 16, to Miss Katherine M. Lawler, County Home Demonstration Agent, Essex County Agricultural School, Hathorne, Mass.

DEFENSE STAMPS

The girls of the Echo Club are selling Defense stamps two days a week. At the end of their third week they have sold an average of \$12 a day.

CHEAT THE GARBAGE PAIL AND STARVE THE SINK DRAIN!

Food is a subject of the moment and a momentous subject of paramount importance. A country-wide by-word has become the statement — "Food will win the war and write the peace".

For garden enthusiasts that was the spark needed to kindle their fire of enthusiasm — a way to help the country. The higher food prices and possible occasional shortages of certain food-stuffs fan the flame. In the First World War, the imaginations of the more imaginative were filled with visions of flourishing community gardens, lush harvests of vegetables in front and back yards, long rows of crops on cultivated golf courses. But today cooling, calming showers dampen such enthusiasm. The question blazing forth in rainbow colors is — Actually and practically, how may we most efficiently and effectively contribute to the food supply?

Seed, fertilizer, implements, and labor are precious. They must be invested wisely and to avoid risk of loss. Farmers and experienced home gardeners know the problems involved and have learned to meet them. But one way we all, as consumers, can help, is by increasing our own individual efficiency in the use of foods — reduce waste, both obvious and invisible, by cheating the garbage pail and starving the sink drain. Neither thrilling nor dramatic, to be sure, but that seems to be one answer to the question — How can we best help?

The government asks farmers to increase production of some foods, but on this matter of home gardens or Victory Gardens, note the advice of agricultural authorities. "It is the opinion of the National Extension Service that the promotion of a program of Home Vegetable Gardens in cities is in almost all cases unwise. . . . In general, food gardens will be more justified and successful with farm families and those of suburban and village areas."

Because the home gardens advocated for farm and village families are for "nutritional and economic improvement of the individual family" rather than on a basis of patriotism, certain crops are recommended. Tomatoes head the list which includes snap beans, carrots, lettuce, greens, and cabbage.

But home garden or none — let's all join the campaign to starve the garbage pail and starve the sink drain.

Eleanor W. Bateman
Massachusetts Department of Agr'l.

HOME GARDENS

While the production of food is vitally and intensely important in order that we may furnish under lease-lend the food for Britain and the Allies, so called WAR GARDENS should NOT BE PERMITTED in my judgment. Patriotism demands our doing our bit where it will count the most.

Each farmer should grow a variety of garden "sass" and each urbanite who has had experience, knows how to grow vegetables, and has the seed, land, fertilizer and equipment on hand. Then growing ones own supply of vegetables for home use and can for next winter's use is certainly desirable.

The demand for seeds, fertilizer, equipment by commercial vegetable growers will exceed the supply. These men are skilled and it is logical that they should have preference in allocating seeds, etc., to growers.

The situation is different than in 1917. Those interested in helping might do two things: first, send a dollar bill to the British War Relief, A. S. Blodget, 730 Fifth Ave., New York City, and secondly offer your services to a skilled farmer, vegetable grower. Labor is his biggest problem.

Francis C. Smith
County Agricultural Agent

STATE 4-H LEADER NAMED

Appointment of Horace M. Jones as Massachusetts 4-H club leader was announced last week by President Hugh P. Baker of Massachusetts State College.

Jones is at present state 4-H club leader in South Dakota and will assume his duties here in the spring. He will fill the post held by George L. Farley until his death last September.

As new head of Massachusetts 4-H club work in the State College extension service, Jones will direct activities of more than 20,000 Bay State young people and 2,000 adult leaders in agricultural and homemaking projects being carried on in every county of Massachusetts.

Jones has been active in 4-H club work during the past 14 years as 4-H club leader for South Dakota. Previously he served as instructor in dairying, South Dakota State College, 1919-20; county agricultural agent, Elk Point, So. Dakota, 1920-21; and extension dairy specialist from 1921 to 1926 when he assumed his post as state 4-H leader.

He is a graduate of South Dakota State College in 1917. In 1917 to 1919 he served as first lieutenant in the U. S. Army Air Service.

During recent years Jones has cooperated with the National Recreation Association in conducting recreation institutes and was active in organizing and conducting a four-state recreation leaders' laboratory at Minneapolis.

FARMERS' AND HOMEMAKERS'

DAY

WEDNESDAY

MARCH 18, 1942

McCALL FASHION PREVIEW

Spring is just around the corner and the spring styles are already out as the girls of the Homemaking department discovered after seeing the McCall Fashion Preview which was presented under the direction of Miss Agnes Bromley, a representative of the McCall Pattern Company.

On Jan. 29, Miss Bromley presented the fashion show with the assistance of girls from the Senior and High School divisions who modeled the various outfits. All the fashions shown were designed especially for the school girl and were of the newest design and most inexpensive materials to fit the school girl's budget.

First on the program was a three piece outfit modeled by Lillian Drapeau, which featured a sleeveless dress of soft green which buttoned down the front with contrasting buttons. Tan shorts and casual blouse completed the costume of Linrico rayon which can be made for about \$4.85 from Pattern No. 4623.

Eliza Hebb modeled a three-piece outfit in geranium red. The jerkin and skirt with kick pleats were of solid color while the blouse was made of one of the new prints which are going to be very smart this Spring. Made of cotton percale, pattern 4634 can be made for about \$2.36.

Dorothy Rowbottom looked already for the Easter Parade in a bright red yarn "goliwog" hat and a basic suit of green with contrasting buttons on the jacket and the new style pleated skirt which has pleats only in front and back to give a narrow silhouette. This suit can also be made with a collarless jacket with which we will wear the casual blouses that are going to be so very smart this spring. This suit made of botany flannel, pattern 4601 can be made for approximately \$8.63.

Margaret Maroney wore a dress of rayon serge in California gold, one of the important spring colors. The dress had one of the new yoke lines with set in pockets and wooden flower buttons on the pockets, eight gored skirt and a convertible neckline. The yoke can be made of a contrasting color to give a broad shouldered effect. Approximate cost of pattern 4542 is \$2.32.

Ruth Karlson wore a gay print afternoon dress in which the predominating colors were feather red, gold, white and green. The South American influence was seen in the style of the dress which had a fitted bodice, modified broomstick skirt, high neckline (good for costume jewelry) and the new bracelet length sleeve. Of rayon French crepe, pattern 4561 can be made for about \$2.42.

Martha Madore modeled one of the new basque dresses in Vermont maple, a lovely neutral shade which goes so nicely with bright green. Features of the dress were fitted bodice, dirndle skirt, high convertible neckline and green and yellow hand painted buttons. Make pattern 4562 in cleanest crepe for \$3.49.

Constance Kruschwitz wore a summer dress of white eyelet pique with a high neckline, set-in belt and dirndle skirt.

WHAT ARE YOU DOING TO HELP?

Where ever you are, hour help is needed. Those who have had training along clothing construction lines, can at this time be of real service to their town, state and country.

The Red Cross needs the help of every woman and girl. If you can not spare the time to work in the Red Cross rooms, work can be taken home and done in your leisure time.

Just as pennies make dollars, each article that is completed will bring the Red Cross so much nearer its goal.

With these thoughts in mind this school is planning its quota of work. Already at this time pajamas to be used in hospitals and boys shirts have been completed. A unit of children's dresses is to be made next. After completion of graduation dresses, much of the school work, in the Clothing division will be for the Red Cross.

Do Your Bit Too!

Myrtle R. Dunn
Clothing Instructor

MISNAMED FRUIT TREES

For the past 21 years men from the Massachusetts State College have been examining fruit trees in nurseries for trueness to name. This work for the 21st year has just been completed. Eighteen nurseries, scattered from New England to Michigan and Virginia, have been examined and misnamed trees removed or plainly marked. Most of these 18 nurseries have been examined annually for from 6 to 19 years and one for the entire 21 years. It is significant to note the decrease of misnamed trees in these nurseries. In early years hundreds and even thousands of trees were eliminated. Now only a few are cut out.

This pattern 4560 is also very good for border prints. Approximate cost \$4.00.

Eleanor Duffy and Ada Fothergill wore formal gowns made from the same pattern. Eleanor's was of aquamarine rayon net embroidered with silver butterflies while Ada's was of flower-printed glazed chintz and as an added touch Ada wore a blue snood. Cost of pattern 3954 in net is about \$7.33 while in chintz it is only about \$4.88.

Other hints which Miss Bromley gave were that lots of color will be worn this spring, the brighter the better; that there will be more interest in dress bodices and not so much in skirts which will be plainer and narrower; that jackets will be a little shorter and skirts a little longer; and that shoulder lines will be softly molded with many plain sleeves.

At the end of the preview Miss Bromley advised the girls to learn to sew if they wanted clothes which were different, because "sewing makes for individuality".

Doris Horne

GARDEN CHAT

Farm Economists throughout the country are not advocating wholesale planting of vegetables in backyards, frontyards, vacant corner lots and parks as was practiced during World War I. However, they are advocating farmers and backyard gardeners who regularly have vegetable gardens to plant at least as much as they planted last year. In other words, home vegetable gardens for the production of food for the family should be confined to farm families and to those families residing in suburban and village areas that now have suitable equipment, experience and available garden land.

Supplies of plant food, seed and equipment is limited and it is felt that unless one has had considerable experience in the growing of vegetables the returns in many cases would not equal the expenses of operating such projects. During the last war many gardens were attempted on land unsuited for vegetables and resulted in ultimate loss and disappointment as well as waste of material, time and effort.

Commercial vegetable growers are better equipped than they were during the last war and they should make the greatest use of available materials to produce the necessary crops needed for our people. On their farms and old garden lots where folks have grown crops for years, the soil will be found more suitable for good yields. The returns will be greater under these situations than on newly tilled land where inexperience and inefficiency may cause financial losses.

The farm and suburban home garden program should be encouraged this coming year. Careful planning of these gardens should be practiced. Good judgment should be exercised in the application of fertilizers and insecticides to obtain the highest yields as well as careful selections of vegetables to be planted. The garden should be so planned that there will be ample supplies of nutritional food for the family during the summer months and any surpluses will be canned or stored for winter.

The Vegetable Garden Department at the School has planned a 50' x 100' vegetable garden. It shows planting dates, amount of seed and gives planting direction as well as suggested varieties. If you are interested in receiving such a plan address your request to the School.

C. M. Stearns

FARMERS' AND HOMEMAKERS'

DAY

WEDNESDAY

MARCH 18, 1942



4-H Club Notes



4-H AT POULTRY SHOW

Essex County was well represented by exhibits at the Annual Boston Poultry Show. A total of \$43.75 was won by the 4-H exhibitors. The majority of the exhibitors were from Saugus.

Boyd Berrett of Saugus had the most entries of any individual from Essex County. He won a total of \$12.75. Boyd had the Best Male Bird in the 4-H Show. For this he will receive \$2.25 in cash and a beautiful cup from Paul Ives, the Supt. of the Boston Poultry Show. Boyd also had the Best Pigeon in the 4-H Show.

Fred Hoffman, Saugus, exhibited a large number of birds and received \$10.50 in cash awards.

Leslie Tinkham, Jr., of Danvers, exhibited in the 4-H classes for the first time and received \$5.00. He received first place on his Bantam Trio and 3rd place on his White Plymouth Rock Trio.

Leslie has also been active in exhibiting eggs. He won 3rd place in the Union Agricultural Show in Worcester in the Small Flock Contest and also a 3rd place in the Boston Poultry Show.

The Junior Judging Team was represented at the Boston Show by Robert Steadman, Bruce Wainbright and George Combe all of Saugus. Richard Fleming and Leslie Tinkham both of Danvers were alternates on the team.

The Senior Team as a team did not judge at Boston as all older boys who were eligible were working. Bernard Berrett and Fred Hoffman judged as individuals.

GIRLS' DAY

Essex County Girls' Day will come on Saturday, May 9. The morning will be devoted to judging contests in which everyone may take part, and the usual Style Revue will take place in the afternoon. The following committee has been working on the program: Mrs. Leon Jordan, Mrs. Nancy Harrison, Mrs. G. Richard Abbott, Mrs. Beatrice Blatchford, Mrs. William Cann and the Asst. Club Agent.

CAN YOU BEAT THIS?

Robert L. Horne of 479 Loring Ave., Salem recently collected an egg from his 4-H poultry project which was 3½ inches long and 6½ inches in circumference. This one egg weighed ½ pound and had three yolks. Looks like that hen was All Out for producing the 10% egg increase asked for by the Economists to help supply food.

FIFTH YEAR BANQUET

The Service Club held their annual banquet honoring the fifth year members at the School on Saturday evening, January 17, with over 100 present.

There were 27 young people who were given pins for being in Club work five years: Shirley Bennet, Shirley Vernon, Alma Smallwood, Mildred Smallwood, Wilma Welch, Edna Moza, Allene Dozier, Evelyn Wales, Mary Bernasconi, Luigi Bussone, Arnold Checchi, Adele Dinardo, Barbara Harrison, William Harrison, June Johnson, Barbara Low, Joseph Luciani, Thomas Marcucci, Pietro Nuccio, Frank Nuccio, Eleanor Santin, Genna Saravo, Robert Mitchell, William Goss, Fred Hoffman, Lyman Orcutt, Robert Woodworth.

The committee in charge of the banquet were Laura Biondini, Rose Biondini in charge of the tickets and Mrs. Colby and her club girls made the favors.

William Walker, Club Agent at large was present and installed the new officers of the club.

The next regular meeting of the Service Club will be held in the Extension Hall at the School, Friday evening, February 20, when Mrs. Mary E. Roundy, R.N. will be the speaker.

BATT HILL CLUB

The Batt Hill 4-H Agricultural Club of Salisbury meets regularly with an attendance of 14. Mr. Wesley Weeks is the leader. The club has started to make a book of news clippings of articles on their club. Their news reporter must be right on the job. At their last meeting Mr. Flanders of Salisbury was the speaker and told the club how to "Care and Manage Rabbits".

The next meeting will be on Swine and an illustrated lecture will be given on "How to Judge Swine". There are now eight boys who plan to raise pigs.

WHAT ABOUT WAR GARDENS?

According to Ellsworth Bell, Extension Economist of Mass. State College, "War gardens should not be promoted".

4-H Gardens will be encouraged where proper leadership is available. These young gardeners will receive from the 4-H Department at the State College the necessary information on how to fertilize, plant and generally care for a garden. 4-H members are also furnished with a record card so records may be kept on costs of seeds and fertilizers.

So—Gardens will be promoted in rural areas where good land and right information is available. Seed and fertilizer orders should be in early.

SWINE PROJECT

The 4-H pig project is becoming more popular in 4-H club work with the rising cost of pork. A substantial profit can be made by a club member who properly manages a pig project.

Pork is one of the high energy foods needed by all hard working people. Several pig members realized a good profit in 1941 by raising swine. Where possible, during the National Emergency, more people should raise their own meats.

One of the successful 4-H pig members in Essex County during 1941 was Warren Chadwick of Goxford. He raised two pigs which is good management as two usually grow faster when fed together. The sow pig raised by Warren weighed 230 lbs. and she paid for the grain eaten by both pigs. The other pig was clear profit and that 340 lbs. Warren is going to buy two \$25 Defense Bonds and at least one of these bonds was financed by a well managed pig project.

It is hoped that more people will follow the, "Raise your own Food For Freedom" movement by keeping a pig.

VICTORY SALAD

To keep all the V's in the vitamins try this refreshing salad:

2 cups shredded green cabbage
½ cup diced apple
½ cup shredded carrot
French Dressing

Mix lightly and serve in a salad bowl.

"How to give a simple demonstration" was the topic of Miss Tena Bishop's discussion with the 4-H Food Club at the Haverhill Girls' Club on Thursday, January 29. Miss Bishop, Asst. State Club Leader, told how a 4-H girl could be a healthy girl and demonstrated how to make a Victory Salad. (see recipe above).

MISS FORBES VISIT

Miss Marion Forbes, Asst. State Club Leader, made several visits to clothing and home furnishing leaders when she was in the County on January 15. At a meeting of leaders and club members at Mrs. Cann's home in Danvers, Miss Forbes exhibited a model girls' room and talked about room furnishings, explaining how a girl could make her own room attractive and comfortable at little cost. There is a room improvement contest which goes on continuously, closing dates are April 1 and November 1. Any club girl who is planning to re-finish her room should contact the Asst. Club Agent for suggestions and help.

Miss Forbes' next visit will be in March when she will meet with Clothing Club members and leaders.

ESSEX FARMER AND HOMEMAKER

VOL. 24

HATHORNE, MASS. MARCH, 1942

NO. 3

Entered as a second-class matter, May 28, 1919, at the Post Office at Hathorne, Mass., under the Acts of August 24, 1912.

The Adventure That Is Gardening

It is pretty generally understood that, so far as 1942 is concerned, it would be wasteful of seeds, fertilizers and spray materials for home gardeners to rush headlong into vegetable gardening. The vegetable producing industry is conceded to be entirely capable of meeting market requirements this coming season. What 1943 will bring forth nobody knows.

By implication, therefore, if not by direction, the home gardener is to continue to keep his grounds in the usual attractive condition. He is to renew his perennials, respace his evergreens, and plant annuals in his herbaceous borders. In fact, he is to carry on as usual, if not more effectually. Travel will be reduced, families will stay at home, and the outdoor living room or garden nook will become a sweet refuge from the turmoil and bitterness of a world gone mad.

There is solace in a garden, especially if, with our own hands we sow the seed, transplant the seedlings, and grow to maturity some of our annuals and perennials also. Little propagating cases outside house or cellar windows, properly insulated from the cold are useful from late March on. Heat from the cellar is usually enough if we blanket the cases at night. Electric resistance cables are available. Such a hotbed is so superior to the window sill that we wonder there are not more in use. It enables us to start our gardening early and continue with it longer as an escape from the grim realities of the day. This with the studying of catalogs, visit to nearby plant nurseries and greenhouses and the planning and comparing of plans and plantings with our friends altogether comprise the adventure that is gardening.

H. Linwood White
Instructor in Floriculture

BEEES AND HONEY

With several good flights of bees during the latter part of January, Beekeepers anticipate their colonies coming through the winter in fine shape.

By-the-way are you having difficulty in getting sugar? Why don't you use one of nature's natural sweeteners?

The price of Honey has not advanced so that with from a thrift standpoint with honey going twice as far as sugar it is as economical to use when bought in large quantities as present high price sugar.

Of course you know Honey has a lot of other good qualities than as a sweet.

George A. Meigs
Instructor in Beekeeping

Farmers' and Homemakers' Day

Plans are nearing completion for the 28th Annual Farmers' and Homemakers' Day which will be held on Wednesday, March 18. The morning session will open at 10:30 in the Main Hall in the Agricultural building with two speakers. Dr. W. Elmer Ekblaw of Clark University will speak on the conditions in this country and in the South Seas as he sees them. Mr. Willard A. Munson, Director of the Extension Service here in Massachusetts will tell us what we can do under these conditions.

In the afternoon there will be the usual meetings of the commodity groups in the various buildings on the campus, with the annual egg show and the baby chick show and auction.

The women will hold their afternoon meeting in the main hall and Miss Beatrice Billings, Home Demonstration-at-large will speak on "Practical Patriotism".

Those who have heard Miss Billings give this talk say that every woman should hear this important message. Miss Billings recently attended the Farm Outlook Conference in Washington, D. C.

Mr. Sumner York Wheeler of Rockport will lecture on "Our Neighbors to the South".

There will be exhibits in the various class rooms in the Agricultural building and the Homemaking building.

The 4-H Service Club will have charge of cafeteria lunches as in the past.

For last minute details of the program watch your newspapers and there will be radio announcements.

FEED WHEAT FOR SALE

Hard Red Durham Wheat is being offered for sale by the Commodity Credit Corporation to anyone who can use it for FEED purposes.

The price of wheat delivered (loose) in carload lots anywhere in Massachusetts is 96¢ a bushel (\$1.60 per cwt). If a dealer buys it to sell again, he must post a bond of \$750 a car, guaranteeing to sell the wheat for feed purposes. Once posted, this bond can be used over and over again.

Farmers are not required to post a bond. All cars are shipped on sight draft.

Order blanks are available at your County A. C. P. office and must be made out in triplicate and approved by a member of the County A. C. P. committee.

Dealers must also fill out a statement stating that it was sold for FEED purposes. This statement must be filed at the County Office within 60 days after the car is delivered.

Vocational Guidance Assembly

The students and faculty of the Essex County Agricultural School were fortunate in having as their speaker at a joint assembly on February 3rd, Mr. Roland Darling, director of the "Job Hunters", a cooperative organization which is sponsored by the Boston Young Men's Christian Association.

At the beginning of the assembly pamphlets were passed out to the students containing information about the Job Hunter program. Then Mr. Mstrom spoke a few words to the students and introduced Mr. Darling.

Mr. Darling began by speaking about the war and its effect on us in regard to employment, stating that so many changes are going on at present time that it is difficult to see just where our place is. He spoke about the great need for work behind the lines now in comparison with the need during other wars. During the Civil War one man behind the lines could support one man in the lines, in the World War I five men behind the lines were needed to one at the front and at the present time seventeen to thirty-five men are needed to support one man at the front.

Due to a change in the system of operations in war it is necessary for everyone to stick to his job and get his individual training during this period because after the war skill will be necessary based on a good foundation and training. New industries will be opened up, old industries will be re-opened and there will be the greatest demand for skill in history.

(Continued on page 2, col. 2)

(Of the Supplement.)

ARE YOU MEETING THE CHALLENGE?

On Friday, February 6, Governor Saltonstall called a State Nutrition Conference, with morning, afternoon and evening sessions. It was a long program but most worthwhile from beginning to end and of vital importance to each and every citizen of this commonwealth.

At the morning meeting all three of the speakers discussed the importance of recognizing and treating nutritional deficiencies. In most cases these deficiencies can be corrected through proper diet. We are using foods which are so highly refined that important food substances such as minerals and vitamins have been taken from the

(Continued on page 2, col. 2)

Essex Farmer and Homemaker

HATHORNE, MASS.

Published monthly by the Trustees of
the Essex County Agricultural School

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4-H MOTHERS' CLUB

In addition to leading a 4-H Clothing Club, Mrs. Arthur McElhiney of Beverly has organized a 4-H Mothers' Club. The mothers of her club members meet every Wednesday afternoon for sewing and sociability. They have already completed a number of garments.

Are You Meeting The Challenge?

(Continued from page 1, col. 3)

food during the refining process. For example, take the highly refined food, white bread, which is used in such large quantities. The white flour from which this bread is made has had important vitamins and mineral matter removed in the process of manufacture. During the past year millers have been adding these substances to the white flour and we now have enriched flour and bread on the market. Whole wheat flour and breads are better for you but if you persist in using white bread be sure it is enriched and when you buy flour for home use buy only enriched flours. In this way you will help correct some of the deficiencies in your diet.

Dr. Elda Robb of Simmons gave the following 12 point program for conserving the vitamins in our foods.

1. Cook in a small amount of boiling water. Have water boiling when food is added.
2. Cook for as short a time as possible. Excessive cooking destroys vitamins.
3. Have the amount of exposed surface as small as possible.
4. Do NOT add soda to cooking water. It preserves green color, but destroys thiamin.
5. Use the water in which vegetables are cooked. From 15 to 60% of the vitamins are in the water.
6. Store fruits and vegetables in a cool moist place.
7. Handle fruits and vegetables carefully so as not to bruise or rupture cells.
8. Cut raw foods for salads just before using.
9. Use all of canned products, solids and liquids.
10. Do not defrost foods before cooking. Put directly into boiling water.
11. Serve foods quickly as possible.
12. Cooking in temperatures above the boiling point destroys many vitamins.

At the evening meeting Dr. Norman Jolliffe of New York University Medical School gave an intensely interesting talk on "Are we malnourished"? The figures which he presented and the pictures which he showed of malnourished cases proved that there is much for us to do if we are to raise the health standards of this state and nation.

Dr. William Sebrell of the Office of Defense Health and Welfare Services in Washington told us how we could be well nourished. It is all summed up in his eight simple rules of daily food requirements.

1. Pint of milk for adults, one quart for children.
2. One serving of meat or fish.
3. One egg.
4. Orange or tomato juice.
5. One or more leafy vegetable.
6. Two or more servings of potato or vegetable or fruit.
7. Whole grain cereal or bread.
8. Butter or oleo.

After the above foods have been eaten you may eat other foods as you wish.

ROLL UP YOUR CURTAINS

"Take a tip from the farm women of New England. Watch your window shades. Let the sun help heat your home, and thus conserve fuel," is the advice of Massachusetts Commissioner of Agriculture, Mark H. Galusha.

Galusha's statement followed the announcement by J. C. Richdale, director of the oil division of the State Committee on Public Safety that Massachusetts faces a critical shortage of fuel oil.

"Farmers' wives have long followed the practice during severe cold weather of raising their shades to the very top on all windows where the sun shines in," says the Commissioner. "They have thereby learned to utilize every possible ray of warm sunshine. Then at night they are very careful to pull the shades all the way down to help keep the heat in and check the loss through the cold window glass. Some farm women go even further and put papers under the shades at the sides and bottom of the window as a sort of homemade weather-strip."

"Don't worry about furniture or rugs fading when the sun pours in," he adds, "Cover up any such furniture if you want to, but get all the sun you can. Push the lace curtains aside. Never mind how it looks from the outside. This is an emergency. Remember it's the inside temperature that you are interested in from now until warm weather."

PAPER CAMPAIGN

4-H Camp Leslie will be paid for with the cooperation of all club workers. There are a good many clubs which have yet to report any results on the paper campaign. Let's get busy 4-H folks!

Let's keep the paper out of the fire and into Conservation centers. Help your Country and Your Camp. Say it with paper, magazines, cardboard, etc. When will your club have 500 pounds?

Let's Go! Don't forget that 4-H Banner for the Winning Club.

So far the Newbury Dairy Club hasn't been challenged with its 2,640 pounds. Let's have a little competition.

You have been hearing much during the past year about the need for better nutrition. What have you done about it? This conference called by Governor Saltonstall is another instance which stressed the vital importance for improved nutrition. There were two posters at the conference which bore these slogans — "Massachusetts Meets the Challenge" and "Massachusetts is dedicated to better Nutrition". Let every one of you as citizens of this Commonwealth meet this challenge which was presented and daily dedicate yourself to a program of better nutrition.

Ethel Moore
Educational Manager Homemaking Dept.

SUPPLEMENT

ESSEX FARMER AND HOMEMAKER

SCHOOL NOTES

MARCH, 1942

FARMERS' and HOMEMAKERS' DAY

"What is Farmers' and Homemakers' Day?" you ask.

Listen, fellow citizens, and I will explain.

Of course, you have heard of it for many years but have never attended because you knew so little of it. There is no time like the present to become acquainted with the activities at the Essex County Agricultural School so I will tell you about this year's plans for exhibits in the Homemaking Department.

On arriving at the first floor you will probably enter the faculty lunch room first where you will find the foods and nutrition display. The Senior girls will exhibit original slogans with displays attached which have to do with foods and nutrition. In room 3 the Red Cross Layette will be compared with our own Layette. Methods of bathing the baby in the modern bathinette and our own method will be shown as well as child care notebooks.

Among the other exhibits on the first floor you will find woolen Red Cross skirts in room 5. Consumption of textile materials will be found in room 4. This display will be arranged by High School girls and based on the New Consumers Pledge for Total Defense.

This pledge is based upon four important points of consumption. They are Conservation, Simplification, Substitution and Salvage.

The High School Division will have housing including defense housing project displayed in the Library. The Seniors will have on display maps on world areas that are in today's world news. These will be in the library and on a nearby bulletin board.

On further traveling about the building you will find Model Rooms that have been worked out in Home Decoration, and becoming necklines as studied in Dress Appreciation. The handcraft display will consist of Glazed Tiles and felt projects. Both these will be in room 9. The Senior and High School girls will exhibit cotton and woolen dresses in room 7.

There will be a variety of speakers and demonstrations throughout the day. So, fellow citizens, I hope I have made this short description attractive to you. We invite you to come and see these exhibits and hear the speakers and we hope you consider the day worthwhile. "Remember March 18."

Rita Hitchcock
Margaret Colby

SWIFT COMPANY PRESENTS

MOVIE ON MEATS

On February 16th, the students and faculty of the Homemaking Department were present at a very entertaining and educational movie, "Meats and Romance", which was presented by the Swift Company of Salem.

Important points which the movie brought out were: that meat is an important part of the diet because it contains vitamin B1 (or thiamin), that there are many cheaper cuts of meat which are as good as or even better than some of the more expensive ones and that there are only two fundamental methods of cooking meats. 1. Dry heat which includes: roasting, broiling and pan-broiling. 2. Moist heat which includes: braising, cooking in water.

The movie also showed how to recognize various cuts of beef, veal, lamb and pork; different uses for all the cuts and many attractive ways of preparing and serving these meats.

Doris E. Horne

RECIPE

Honey is an easily digested food. It may be substituted for equal amounts of sugar in almost any recipe by one-fifth. Since products made with honey improve in flavor and in texture upon aging a week or so and do not become stale easily, many housewives prefer to use honey for baked products. Food containing honey must be baked slowly and for a longer period of time.

Now with the shortage of sugar we'll just have to make cakes, cookies and frostings without sugar and substitute honey.

Honey Delights

- ½ cup butter
- ½ cup honey
- 2 cups all purpose flour
- 1 teaspoon soda
- ¼ teaspoon cinnamon
- ¼ teaspoon allspice
- ¼ teaspoon cloves

Boil butter and honey together one minute, cool. Sift, then measure the flour. Sift three times with baking soda and spices. Combine sifted dry ingredients with the honey and butter mixture. Add enough additional flour to make a soft dough. Roll about ¾ inch thick on a floured board. Cut any desired shapes. Bake on greased baking sheet. Decorate with Ornamental Icing. Amount 2½ dozen, 2" cookies. Temperature 350°F. Time, 10 to 15 minutes.

Grace Marshall

OFFICE OF CIVILIAN DEFENSE

Boys and girls throughout America are seriously thinking about ways that they can help speed their country to victory in this great war. Many have written the Youth Division of the Office of Civilian Defense at Washington with suggestions for new, patriotic organizations.

"The best advice I can give young people below military age who want to serve their country," explained Samuel Ericsson, Coordinator of Junior Defense Programs for the Division of Youth Activities of the Office of Civilian Defense, "is to see members of the Defense Council in your own town. Instead of spending time thinking about organizing still other groups for defense — groups which might duplicate the work of others —, why not use the organization already officially set-up?"

Mr. Ericsson pointed out that "Youth Defense Auxiliaries" are now being organized in connection with Defense Councils in towns, cities, and states. Composed of representatives of local youth organizations, Youth Defense Auxiliaries will be very glad to receive any new ideas from patriotic girls and boys.

Your school teachers and principal no doubt can offer suggestions on how you can do the most for National Defense, it was explained.

"The spirit of sincere patriotism that American girls and boys are showing is inspiring," Mr. Ericsson said. "We appreciate the loyalty of every young person in our great country for this fight against the evil forces opposing us across the oceans."

PATRIOTIC ASSEMBLY

On February 19, the Senior A Division of the Homemaking Department presented a patriotic assembly honoring Washington and Lincoln. Helen Small of Danvers was chairman of the program.

The program began with a salute to the flag, followed by the singing of Keller's American Hymn by the whole school. Doris Donze of Methuen then read "A Character Sketch of Lincoln", Virginia Rushworth of Danvers, read "A Frenchman's Opinion of Washington", and Judith Jameson of Saugus, gave a reading entitled "The Land Where Hate Should Die". The program closed with the School singing "America the Beautiful".

Doris Horne

MORNING ASSEMBLIES

The students in the Agricultural Department have been having a series of speakers at morning assemblies on project placements. The first one was a scene showing what really happens before a student is hired for the summer. Instructors Forman and Metcalf talked over the requirements of the students as they knew them. They then had an interview with the prospective employer who was an Essex Aggie graduate, Roger Lewis of Andover. The boys being considered for the positions, Herve Croteau and George Goodwin as well as Director Mostrom were called in. Croteau had worked last year for Lewis and is returning for another season, while Goodwin a freshman is to have his first summer project this year.

Joseph Laura, Coleman Lee both freshmen boys spoke at another assembly and told what they hoped to obtain from their summer projects this year. Ralph Reynolds a Senior was on the same program and gave a very interesting talk on "Why I Came to Essex Aggie and Summer Science Project".

Eugene Burr, another senior and Arthur Mills, a freshman spoke on another morning.

ALUMNI NOTES

Dorothy Alice Doerr '38 of Methuen became the bride of John Henry Maxner on January 24.

Dorothy Dryden '41 was married on February 14 to Edward J. Bacher.

Lucy Grover '39 went in nurses' training school, at the Malden Hospital on February 1.

Priscilla Preston '36 of Beverly, 2nd Lieutenant Nurse in the Army left recently for overseas duty, destination unknown.

Muriel Evans '39 was married on January 18 to Thomas B. White. Muriel's address is 84 Market Street, Amesbury, Mass.

Mr. and Mrs. Maurice L. Hopkins of Beverly recently announced the engagement of their daughter Priscilla Lowell '37 to Chester M. Kettle.

Richard Heider '32 of Andover was a recent visitor at the School. Mr. and Mrs. Heider are the proud parents of a daughter Carolyn Jean, born January 10. Their address is 155 High Street, Andover, Mass.

Eleanor Duffy

BATT HILL CLUB

At a recent meeting of the Batt Hill Club in Salisbury, Mr. Victor Stevens of Salisbury gave a talk on the feeding of Swine. Mr. Stevens helped to make arrangements to take the 4-H Club to the University of New Hampshire on March 1st.

Mr. Wesley Jones, the local leader of the club took the club through the Newburyport News Office to see the papers printed.

Educational trips and speakers are a great help to hold the interest of 4-H club members. Of course trips will be limited now because of the present rubber situation.

Vocational Guidance Assembly

(Continued from page 1, col. 3)

There is a tendency on the part of people who have followed one line of work to believe they can get training in something else in a short time, therefore thousands who have little skill jump into industry causing a serious situation because, in order to become trained for jobs requiring great skill there must be something to build on which these people lack.

On the question of whether men in agricultural industry should be drafted, Brigadier General Hersey in charge of the draft program says that, agricultural labor is peculiar, difficult to replace and questions which arise are whether there would be reduction in production and where replacement will come from. However people from essential industries will probably not be drafted into the Army.

Mr. Darling spoke about the problems facing those going after jobs. The advice he gave the students was to contact the employer, put your best foot forward when interviewed, give qualifications, and persuade him that you are the person he ought to hire and make out the application blank carefully as it is a most important factor.

Mr. Darling said he could give the students information about any vocation or any type of job because the Job Hunters organization has in its files 18,000 folders on different vocations and jobs.

On selecting a vocation it is important to put experience which will be valuable later above the salary which will be received while obtaining the experience. The students then asked Mr. Darling various questions about vocations, some of which were about; the training necessary for welding, effect of the war on the retail florist and how should the job hunter handle the question of wages?

Then Mr. Emmons, who is the associate secretary of the Y. M. C. A. program spoke. He said that the program which was originally scheduled for an earlier date was postponed because Mr. Darling was ill.

There were to be two parts to the program, the first part was Mr. Darling's talk and the second part was to take place at the Governor Dummer Academy, where a round table discussion would be carried on to bring out other points and to give the groups a chance to talk with representatives of the various vocations which they were interested in.

The Vocational Guidance Program has two main purposes:

1. It tries to help Junior and Senior High School students to understand themselves better in relation to the rapidly changing vocational conditions.

2. It tries to provide the students with opportunities for group interviews with representatives of the vocations in which they are especially interested.

Doris E. Horne

"GREEN AND WHITE"

The Green and White Magazine will come out before the middle of March.

Instead of having two issues as in previous years, there will only be one, with a large senior section.

The Editorial Staff is as follows:

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GEORGE HOFFMAN, WINNER OF TRI-COUNTY PUBLIC SPEAKING MEET

The district public speaking elimination contest for the tri-county agricultural schools was held recently at the Essex County Agricultural School, Hathorne. George Hoffman of Saugus an Essex Aggie man was winner of first place with Edward Smith of Bristol County Aggie placing second, Fred Smith of Norfolk was third with Edward Perednia of Norfolk in fourth place, Arthur Motta of Bristol fifth and Edward Hyde of Lynn another Essex Aggie man placing sixth.

Hoffman and Edward Smith will compete at the State Contest in Amherst on March 20. Fred Smith and Edward Perednia will be the alternates at this contest.

Director Harold A. Mostrom of Essex Aggie was the chairman of the contest with Miss Francis G. Wadleigh of the Danvers High School, Archer Pierce of Peabody and Rev. William Nichols of Danvers as the judges.

This contest is sponsored by the Future Farmers of America with the Essex Chapter being the hosts this year.

WHEAT FOR FEED

With the release by the Commodity Credit Corporation of 100,000,000 bushels of sound wheat to be used only for the feeding of livestock and poultry, the question comes, "How can it be used to good advantage?"

No less an authority than Morrison in his Feeds and Feeding suggests that the entire wheat grain can make up from 1/3 to 1/2 of a dairy ration. It has even been fed successfully with alfalfa hay as the only grain.

Finely ground wheat tends to be somewhat sticky, so it is better to have it rolled, cracked or coarsely crushed. Some bulkier grain should also be a part of the mixture.

A suggestion for a conservative use of wheat would be 400 pounds each of corn meal or hominy, wheat, oat feed, gluten feed, and linseed meal. This contains about 17% total protein.

A similar mixture, but not quite so heavy, would be 500 pounds corn and cob meal, 400 wheat, 300 oat feed, 400 each of gluten feed and linseed meal. (16 1/2% protein).

An economical mixture with more wheat is corn and cob meal 200 pounds, wheat 300 pounds, oat feed 300 pounds, gluten feed 400 pounds, linseed meal 300 pounds, a 16% protein feed.

With the wheat costing about \$32.00 a ton, this mixture might be made up for about \$39.00 plus the cost of mixing.

Goats and sheep may be fed the whole wheat grain. It is also a good feed for hogs.

It is hoped owners of livestock will take advantage of this feed to reduce costs.

ALFALFA YELLOWS

Latest research indicates that much of the injury to alfalfa formerly ascribed to leaf hopper may be boron deficiency. Prof. Donaldson, Extension Agronomist at Mass. State College, has tested borax applications on a few fields of yellowing alfalfa with satisfactory results.

Virginia bulletin 336 reports "effect of boron on yield and duration of alfalfa". The common symptom is weakness or short stunted growth, yellowing of the leaves, particularly in the second and third cuttings. This trouble is worse in dry seasons and is generally followed by a heavy growth of crab grass and late summer weeds.

This disease is not limited to any special soil type, but is more likely to occur on acid soils such as occur mostly in Essex County.

Remedy:—Apply 10 to 20 pounds of borax per acre as top dressing early in spring before growth starts or after the later cuttings if the symptoms appear. Avoid using over 20 lbs. per acre, 15 pounds is better, and the borax gives better results where limestone is used, especially at the 2 and 4 ton rates per acre.

Those who have had trouble with this condition please notify the County Agent. He is willing to cooperate with you in trying to remedy this problem.

Francis C. Smith

GARDEN CHAT

Patriotism calls for **Conservation and Preservation** of all food crops for 1942. This does not mean however that everyone should plant a garden. All who have had previous experience with growing vegetables should plan to have a garden this coming season. **Plan your Garden Now.** Nutritionists are recommending certain crops with high food value and these crops should be given primary importance in your garden.

These food crops are: tomatoes, beans, spinach, cabbage, lettuce, carrots, beets and corn. In planning your garden, plant succession crops and not all at one time. This will enable you to have a continual supply of fresh greens, etc., and the surplus can be canned for your needs next winter. In order to get your orders in for various supplies as soon as possible, let us consider together: seed, plant food and sprays.

Varieties of the above listed vegetables which are best adapted to Essex County are:

Tomatoes—Bonny Best, John Baer, Marglobe, Stone or Rutgers.

Beans—(Green), Bountiful or Refugee; (Wax), Sure crop, or Pencil Pod, Black Wax; (Shell), French Horticultural.

Spinach—early, Bloomsdale; late, Va. Blight Resistant Savoy.

Cabbage—early, Golden Acre or Copenhagen Mkt.; late, Danish Ballhead.

Lettuce—Iceberg type, N. Y. no. 12 or Imperial no. 847; butter type, White Boston.

Carrots—Imperator or Danvers Half Long.

Beets—Early Wonder or Crosby Egyptian.

Corn—Mar Cross 13.6 or Golden Cross Bantam.

For a 50' x 100' garden you will need 1/2 cord of manure along with 125 lbs., of superphosphate and 50 lbs., of muriate of potash, or if no manure is to be used plan on 225-250 lbs., of a 5-10-10 fertilizer. If your land is on the acid side you should definitely apply about 200 lbs. of lime to this plot as the crops you are growing this season prefer an alkaline type of soil.

Now, as to sprays or dusts for your garden. You will need a small plunger type duster if you haven't one, or some type of sprayer, in order to apply a spray or dust to your plants when they are infested with an army of Mexican bean beetles on your bean crop, or cabbage worms on your cabbage, etc. Probably a 4-5 lb. bag of copper sulphate for blight on your tomatoes will be sufficient. Also purchase a 4-5 lb. bag of some rotenone product or derris dust to control beetles on the beans. A pound of calcium or lead arsenate will take care of worms on cabbage or tomatoes.

Next month the subject of preparation of land, seeding and thinning will be discussed under Garden Chat column. Have you sent to the School for your copy of a Garden Plan for a 50' x 100' vegetable garden? A copy will be sent to you upon request to the School.

C. M. Stearns

CARE OF TIRES

M. S. C. Man Gives Hints On Tires

Whether Massachusetts farmers still have rubber tires for their cars, trucks, and tractors six months or a year from now may depend on how well they follow a few simple rules on the care of tires, says W. C. Harrington, extension agricultural engineer at Massachusetts State College.

Mr. Harrington advises Bay State farmers to go over their tires at least once a week to take such things as stones and pieces of glass out of the tread to prevent damage to the casing. At the same time keep a close watch for damage to the rims. When the rims get battered and out of shape, take off the tire and straighten the rim.

Such things as stone damage are easy to see. But there is another kind of damage to tires that you may not notice. That is damage from grease and oil. Grease and oil make rubber rot. After you have had a tractor, truck or car around a garage or filling station look the tires over and wipe any grease or oil from the rubber.

Still another kind of damage is from cinders. If tires stand any time on cinders, the sulphur in the cinders rots the rubber. Harrington advises farmers to jack up the car, truck, or tractor that is to stand any length of time in a place covered with cinders. It is a good idea to jack up any rubber-tired vehicle that is to stand for any length of time, regardless of whether it is stored on cinders, concrete, or the bare ground.

By following these simple reminders to take stones and glass out of the tread, straighten battered rims, wipe grease and oil from the rubber, and jack up stored equipment, your tires will last much longer, says Harrington.

"YOUNG AMERICA"

New 4-H Film

"Young America" is the first moving picture ever produced portraying the objectives of 4-H Club Work. The premiere showing of this great film was received with a big ovation from 1,600 delegates at the National Club Congress in Chicago. Jane Withers stars in this fine picture.

Miss Gertrude Warren, 4-H Club Worker, United States Department of Agriculture stated: "We feel grateful to 20th Century-Fox for its fine portrayal of the ideals and objectives of the 4-H Club movement in Young America; and I know that it will be enthusiastically received throughout the country."

All 4-H Leaders and Club members are urged to watch local theatres for its showing.



4-H Club Notes



HOME ECONOMICS CLUBS ORGANIZED

The following clubs are organized in home economics projects. Is your club listed?

Amesbury — "Junior Workers", Clothing and Foods. Pauline Bates, President, Mrs. Althea Pierce, leader.

Andover — "Pins and Needles", clothing. Mrs. H. I. Newman, leader. "Stick-to-it", clothing. Lillian Lovely, pres., Mrs. G. Richard Abbott, leader. "Uncle George's Book Club", Dorothy Abbott, president, Mrs. V. O'Connor, leader.

"Clover Buds", clothing, Joan Pomeroy, pres., Mrs. Irene Dantos, leader.

Beverly — "4-H Thimble Bees", Mrs. Arthur McElhiney, leader.

12 clubs, Foods and Clothing, under Miss Marion Parker, Beverly Health Center, Asst. leaders are Palmina Boniface, Dorothy Kent, Barbara Low and Frances Bonjorno.

Byfield — "Busy Bee", clothing, June Sorey, pres. Mrs. John Snyder, leader.

Danvers — "Stitch in Time", clothing, Edith Chase, president, Mrs. Beatrice McPhee, leader.

"Mil-Ann-Wil", Foods, Alma Smallwood, president, Mrs. Frances Welch, leader.

"Hop-to-it", clothing, Alice Williams, pres., Mrs. Stanley Bennett, leader. "Busy Needles", knitting, Lorraine Bennett, president Mrs. Elsie Wright, leader.

"Junior Sewers", clothing, Doris LeBlanc, pres., Mrs. Mary Webb, leader. "Liberty Clothing Club", Betty Noyes, president, Mrs. Mary Webb, leader.

"Between the Book Ends", Betty Grimes, president, Mrs. Byron Colby, leader.

"D-e-b-a-g-e" Music club, Edith Wright, president, Miss Esther Usher, leader.

Essex — Essex 4-H Club, Jaunita Parsons, president, Miss Marion Craig and Miss Rachel McIntyre, leaders. Foods and H. F.

Georgetown — "Sunshine Girls", clothing. Florence Merrill, pres., Sheila Marshall and Rosemary Merrill, leaders.

"Sub Debs", clothing and foods. Mary Nally, president, Mrs. Warren Merrill, leader.

"Victory 4-H Club" sewing, Mary Smith, president, Mrs. George Smith, leader.

Groveland — "Cantbeaturs", clothing, Mrs. Leon Jordan, leader.

"Happy 4-Hers", clothing, Nancy Dewhirst, president, Mrs. Nancy Harrison, leader.

Haverhill — Two Foods clubs, Mrs. Leon Jordan, leader.

Lynnfield Center — Clothing Club, Margaret Lichtenberg, president, Mrs. Martha Murray, leader.

AMONG THE GIRLS' CLUBS

Here are some of the activities throughout the County, according to the reports turned in by the club secretaries.

Swampscott: "Beavers" voted to make candy and cookies for boys at Fort Buchman.

Danvers: "Hop-to-it" girls are making a blanket for the Red Cross out of squares of left over material. They also plan to take a four weeks course in First Aid.

Andover: "Uncle George's Book Club" and **Danvers**, "Between the Book Ends" members go to see movies based upon books they are reading. They also have occasional guest speakers.

Lynnfield Center: Mrs. Murray's Club plans to visit a department store in Boston later in the year.

Rockport: "Victory Stitch" club members demonstrate dishwashing, bed making, and other activities.

Andover: Mrs. Dantos' young members made Valentine pincushions for their mothers and grandmothers.

Georgetown: "Sunshine Girls" plan to have a guest speaker talk on her trip to Africa.

Most clubs are doing some knitting or sewing for the Red Cross, and are also saving waste paper for the paper campaign.

Is your club secretary sending in her reports to the County office?

Ida B. Davis
Asst. County Club Agent

Methuen — "Sew-We-Can", clothing, Patricia Maguire, president, Miss Shirley Lister, leader.

Newbury — "Newbury Happy Sewers", Sally Little, president, Mrs. Fred Jackman, leader.

Rockport — "Victory Stitch" Club, clothing, Carol Thiheault, president, Miss Dorothy Tuck, leader.

Food Club, Miss Alice Gill, president.

Rowley — "Busy Kitchen Girls", home furnishing, Jeanette Knowles, pres., Mrs. Nellie Goodwin, leader.

"Happy Sewers", clothing, Helen Barrett, president, Mrs. Helen Barrett, leader.

Clothing Club, Ruth Grover, pres., Mrs. Tenerollo, leader.

Salisbury — Clothing Club, Miss Annie Dawson and Miss Ruth Chadwick, leaders.

Saugus — "Goldenites", Ruth Scannell, president, Mrs. John Harris, leader. Knitting club.

Swampscott — "Beavers", Sewing, Mary DiLisio, president, Mrs. Walter Snell, leader.

"Clover Buds" — miscellaneous club, Emma Linares, pres., Mrs. Margaret Weber, leader.

West Newbury — "Sew and So", clothing, Mrs. Charles Fowler, leader.

A 4-H TOWN COMMITTEE IN ROCKPORT

Recently a 4-H town committee was organized in Rockport. Mr. R. S. Speck of Rockport took the initiative and worked with the Club Agent in forming the committee. Through Mr. Speck's interest and perseverance the following committee was selected: Mr. Reinhard Speck, Dairyman; Miss Harriett Church, Public Health Nurse; Mr. Alvin Brown, Boy Scout Leader; Mrs. George Tuck, Former 4-H Club Leader; Mr. Roy Lane, Teacher and Former Selectman; Mrs. Hazel Brady, Girl Scout Leader; Miss Ellen Jolliko, Brownie Leader; Mrs. Jennie Savage, Selectwoman; Mr. William Cottle, School Superintendent.

This committee met for the first time on January 27 at the Rockport High School. 4-H Club work was discussed from all angles. Leadership was found within the group. Mr. Roy Lane will lead a boy's agricultural club; Mrs. George Tuck, a girl's sewing club; Miss Alice Gill, a school teacher volunteered to lead a girl's group in foods.

The committee elected a chairman, Mr. Reinhard S. Speck; Miss Harriett Church, as secretary. Previous to this committee meeting there wasn't any 4-H work in Rockport.

By this discussion meeting a place was found for 4-H in Rockport and three clubs are already under way.

It is hoped, that other towns in Essex County will form 4-H Committees as through these meetings a better picture can be obtained of the needs of each town as far as 4-H Club work is concerned.

Byron Colby
County 4-H Club Agent

SERVICE CLUB NOTES

Essex County 4-H Service Club will have charge of cafeteria lunches on Farmers' and Homemakers' Day.

At the last meeting of the club on February 20, Mrs. Mary Roundy, R. N. talked on practical first aid. She will continue her talk at the Club's next meeting, March 20.

ESSEX FARMER AND HOMEMAKER

VOL. 24

HATHORNE, MASS. APRIL, 1942

NO. 4

Entered as a second-class matter, May 28, 1919, at the Post Office at Hathorne, Mass., under the Acts of August 24, 1912.

No Sugar Needed

Rationing of any desirable product is not a pleasant prospect but it seems like a necessity at this time. It is the least we can do to help win our freedom. Sugar is probably only one of the foods that will become scarce, at least it is one of the first for which we must substitute.

There is no doubt in the minds of Nutritionists but what American people will be better off with a smaller amount of sugar. Sugar is an energy giver, white sugar does nothing else for our bodies. Brown sugar and molasses are nutritionally of much more value because we get some minerals and vitamins from them, but they are scarce also.

I consider it a very interesting and well worthwhile game to see how many "sugarless" desserts we can think of or invent. Of course we would begin with fruit, a most valuable food in itself and one easily adapted to desserts either plain or in made up dishes. Karo or Honey can very satisfactorily be used as a sweetener if one is necessary. Our daily requirement for health is two servings of fruit. Let's frequently use them for desserts and get more of the productive foods than we would in sweet cakes or puddings.

(Continued on page 3, col. 1)

SAVE ANTI-FREEZE FOR USE NEXT FALL

Save your supply of automobile anti-freeze instead of throwing it away. Indications are that little if any anti-freeze will be available for civilian use next winter, says Ellsworth W. Bell, extension economist at Massachusetts State College.

It is anticipated that when the demand for anti-freeze solutions occurs next fall supplies may be unobtainable or subject to strictest rationing. Military needs for alcohol are increasing daily, points out Bell. He suggests that car owners drain their radiators before the danger of freezing is over and before the weather becomes warm enough to lose the anti-freeze by boiling off.

Place the drained anti-freeze into clean containers, either metal or glass, and make sure that they are stoppered to prevent evaporation. Since these solutions are inflammable, they should be stored in a cool, well ventilated place away from open flames and direct sunlight. Mark the containers so that you will know what type of anti-freeze to add to the stored supply next fall.

Awarded \$175 at Flower Show

At the 71st New England Spring Flower Show in Boston a group of ornamental horticulture students from the Essex Chapter F. F. A. at the School erected an exhibit in class 19-A backyard garden. In competition with other vocational agricultural students.

The exhibit was planned, staged and removed by students Donald Gillis, William Purkis, Mark Letherman, Ralph Marshall, Lewis Bulgaris, Sidney Barlow, George Goodwin, John Rubchinook, Priscilla Glines and Vera Yonetz, Mary Carey.

The effort awarded second prize with a cash award of \$175 which will be added to the treasury. From this effort these students learned things that will help them in future attempts.

They could easily see that their background was far too conspicuous and became the dominate feature; they saw how small, small plants could look in such an exhibit and resolved to start earlier on future attempts.

However the advisors feel sure this effort has encouraged further study and thought to designing practice by those taking part and was well worth the effort.

A group of students also entered an exhibit in Class 26, House Plants, Flowering and Foliage with special emphasis placed on variety and interest of plant material which will withstand the adverse conditions of the average home.

This group included Thomas Blanchette, Ralph Marshall, Robert Bertram, and Priscilla Glines. They were very careful in the choosing of their staging, their background and plant material to meet specifications, their award was third prize an award of \$50 which will be added to the Future Farmers' treasury.

These exhibitors are resolved to try to step up higher another year.

C. S. Wright
Instructor in Ornamental Horticulture

4-H FOREST RANGERS

The 4-H Forest Rangers of Andover led by Samuel Jackson have reorganized for another year's work. The officers are: President, David Stafford; Secretary, John Petty; Treasurer, William Poland. Considerable time was spent at their meeting on tree identification by bark, leaf and the grain of wood. The meeting closed with the roasting of hot dogs and popping of corn.

Labor is a Serious Problem

The principle problem now facing the average farmer is that of labor. This is because his own economic situation and the prices he receives for his products makes it very difficult for him to compete for labor with industry and business.

The problem becomes doubly difficult when skilled workers whom he can hold are drafted for military service. In a recent interview General Hershey stated that "the farm labor problem was one for the local draft boards to handle and suggested that their agricultural members be more active in opposing I-A classifications for essential farm workers. The whole question is generally misunderstood by most farmers. Interpretation of the four points as set forth by Gen. Hershey is done by the local draft board and at the present time deferment is granted only to those who are considered to be more valuable in agriculture than in military service.

The four points in order of importance are:

1. Importance of the product (milk, eggs, poultry, meat, pork and some vegetables rank first).

2. Importance of the enterprise (size of business and importance of the operator).

3. Importance of the skill.

4. Relative labor shortage in the area.

It is suggested that those selectees who believe they should be deferred, see County Agent F. C. Smith at the Essex County Agricultural School, Hathorne.

MORE SUPERPHOSPHATE FOR ESSEX COUNTY FARMERS

The Agricultural Conservation office has been notified that an additional supply of 20% superphosphate has been made available for the farmers of Essex County under the 1942 Program, providing enough requests are received to fill a 30-ton car. This material will come to a freight siding as centrally located as possible, and it will be necessary for the farmer to haul his.

Anyone interested in this material, who has not taken his 1942 soil building allowance in materials, should get in touch with the county office, room 34 at the Agricultural School building, or contact the farm checker in his vicinity to place his order.

Essex Farmer and Homemaker

HATHORNE, MASS.

Published monthly by the Trustees of
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CEILING ON EGG CASES

Leon Henderson, Price Administrator has established the following maximum prices on used egg cases:—no. 1 cases sound, firm, clean, ready to use cases f. o. b. 22 cents if purchased within the eastern area and 26 cents if the case is transported to the purchaser from within the mid-continent area.

No. 2 cases, sound reasonably firm free from odors, reasonably clean, cover and full compartment of reasonably clean flats and fillers, 17 cents f. o. b. within eastern territory, 21 cents from without.

No. 3 cases not meeting above requirements, with or without fillers 12 to 16 cents.

New cases can be purchased cooperatively but they cost 50 to 60 cents. For the shipping of hatching eggs returnable cases costing \$1.50 maybe the solution. Many poultrymen are requiring a deposit of 20 cents for the case, refunded when returned or exchanging an empty case for the full one, somewhat after the plan of the deposit for store milk bottles.

1,500 ATTENDED FARMERS' and HOMEMAKERS' DAY

Spring weather brought out over 1,500 farmers and homemakers for their annual day at the Essex County Agricultural School. Frederic Wintthrop of Ipswich, chairman of the Board of Trustees at the School presided at the morning session and greeted those in attendance.

Dr. Ekblaw who was scheduled to speak in the morning was unable to come because of the death of his mother. At the last moment they were able to get Dr. Alfred E. Stearns of Danvers, former Headmaster of Phillips Andover Academy. Dr. Stearns gave a very stirring address on Home and the need for Discipline.

Dr. Stearns said that the home plays an important part in life, the home is the pulpit and the home is the foundation stone if this breaks badly the whole building of our civilization breaks too. The Best American Home is regularly found on the farm. We must get back to the farm and away from the superficialities. Our fathers knew discipline and obedience is the foundation stone on which the home is built. Discipline has got to come back as it is essential.

Dr. Stearns told a number of experiences he had while working on the Educational Committee placing the British Evacuees. He said the British mothers were worried the most about what the softness of American life would do to their children. He closed by saying that the home must be cherished and strengthened as it is the root of our civilization.

Director Willard A. Munson of the State Extension Service was the second morning speaker. He assured us that the farmers were working as everyone else for the army and the navy and we here in this country are the pantry for the United Nations.

Director Munson said the people of this country are getting tougher and harder since Pearl Harbor and he heard of one woman the other day who refused to purchase sugar while she had two pounds in the house. In speaking of home gardens Director Munson urged people who had experience to have gardens and can all their surplus. There should not be an empty can or jar in any cellar by the end of next fall. Practice nutrition principles to be healthy. If we are healthy and well we will be able to do the lion's share of work. We should have patience as we in this country are trying to do in a few months what some of the other countries have been working on for 12 or 15 years. "But we are going to win the war".

In the afternoon there were the various sectional meetings. The women met in the main assembly hall with Mrs. George E. Hodsdon of Gloucester presiding. Sumner York Wheeler of Rockport and County Law Librarian spoke on "Our Neighbors to the South". Mr. Wheeler took his audience on a trip to the countries of South and Central America without pictures but with such clear word pictures that one felt at the

The Essex County Agricultural School is receiving and will continue to receive many requests for high type employees. Wages are relatively high and most of the jobs are genuine opportunities for permanent employment. The School is in a position to help its graduates and others to find satisfying and worthwhile jobs in agriculture or related occupations. Former students and graduates who are interested should contact the school placement service.

RENOVATION EXHIBIT OUTSTANDING

In a room marked Educational Exhibits, there was a special 4-H exhibit on Clothing Renovation. This created a great deal of attention and many complimentary remarks were made. It included a tailored jacket made by Gertrude Hibbert of Groveland, remodeled from an old jacket of her father's, a made-over blouse by Virginia Bennett of Danvers; a child's quilt made from left-over scraps of flannel by the "Hop-to-it" Club of Danvers; and a darned sock by Barbara Smallwood also of Danvers.

4-H EXHIBITS ON FARMERS' DAY

Once again 4-H Club members of Essex County came forward with an outstanding exhibit on Farmers' Day, March 18. The main theme was "4-H War Efforts", and there were four subdivisions: Conservation, production, morale and citizenship. Club members throughout the county contributed to the exhibits which included dairy, poultry, garden, handicraft, clothing, foods, canning, home furnishing and conservation projects. A special attraction was an illuminated box containing colored pictures of Camp Leslie. In general the exhibit showed how 4-H Club members are doing their part in wartime emergency.

end of the lecture that they had really seen the various countries and their peoples.

Miss Beatrice Billings, Home Demonstration Agent at Large spoke on "Practical Patriotism". Miss Billings emphasized the Consumers' Creed "Buy only what you need; Take Care of what you have; Waste Nothing". She said that in 1917 it took \$90.00 to equip a soldier while in 1942 with all the mechanism it requires \$3900. Miss Billings stressed the need of improving our health and being nutritious conscious. We should keep free of debt, pay our insurance and for our homes and buy bonds, as we are able. To pay the mortgage on our homes we are helping buy bonds as the banks are investing that money in bonds. Do all we can to aid our country and we will win the war.

NO SUGAR NEEDED

(Continued from page 1, col. 1)

There are many prepared desserts or dessert mixes on the market that already are sweetened so purchasing these will save on the sugar budget. Fruit juice from canned fruits has many uses now that sugar is at a premium. Use it to sweeten your apple sauce or other cooked fruits. Use it when you bake your ham thereby giving added fruit flavor as well as sweetness. Use it in part for your puddings such as tapiocas or bread puddings, but don't let it completely take the place of milk, which is so valuable.

Condensed milk is a sweetened product. It has many uses, perhaps more definitely in cookies. One good, healthy, such cookie is made by mixing 1 1/3 cups condensed milk with 1/2 cup peanut butter and 3 cups moist shredded coconut. Bake these in a 325° oven about 15 minutes. Marshmallows, peanut brittle and peppermint candies are frequently used as sweeteners in whip cream or milk desserts. These give excellent flavor as well as sweetness. Pineapple delicious made with cut up marshmallows, pineapple and unsweetened whip cream has always been a school favorite. Vary the fruit and serve it often.

In our school kitchens we have very satisfactorily made many "sugarless frosted cakes". Karo and honey have been used, one cup of either substituting for one cup of sugar, adding 1/2 teaspoon soda and leaving out 1/4 of the total amount of milk. Because these are "liquid sugar" they help to moisten the batter and they are somewhat acid so that a small amount of soda helps to leaven the cake. The texture has been excellent, the flavor good but maybe not quite as sweet, and the color slightly darker than a sugar cake. The color might be improved by slower baking. Our most satisfactory icing has been a seven minute frosting made with one egg white and 1/2 cup of honey and cooked in top part of double boiler beating all the time until it holds its shape. Another satisfactory icing was made with 1 can of condensed milk cooked in double boiler until thick with 2 squares of chocolate and 1 egg yolk.

Either maple syrup or honey may be cooked alone to a soft ball stage and slowly added to stiffly beaten egg whites as in white mountain cream, 1 1/2 cups of honey and 2 egg whites.

There are many honey and maple recipes available and more will be coming out I believe, and use molasses frequently if available. It is the most valuable of them all nutritionally.

Let's make a game of it, you will be amazed at the number of desserts you can think of where no sugar is needed or when substitutes may be used satisfactorily.

Ruth Emerson
Foods Dept.

RESULTS OF
CALFHOOD VACCINATION

The figures by Dr. Ellery Aldrich, in charge of the Federal Bureau of Animal Industry for New England during Farmers' and Homemakers' Day follows: "23 herds were selected for the 5 year test in 1936; 20 in Massachusetts; 2 in New Hampshire; and 1 in Rhode Island. These herds were selected where there was a high percentage of positive reactors, from 15 to 60% averaged 23% infection. There were 1489 cattle tested; 1654 calves were vaccinated with live virus."

"These calves matured; were bred and dropped calves; 777 had 1 gestation passed negative; 423 second gestation; 189 third gestation; 51 fourth and 10 fifth, all passed negative."

"Normal calvings but negative blood tests: 28 first gestation; 16 second; 2 third; and 1 fourth."

"Normal calvings, suspicious on blood test, 22 first gestations; 5 second; 4 third; 2 fourth."

"Abortions, negative titres were 32 or 2%, 17 aborted were positive, 3 aborted were suspicious."

"The final herd test 1850 animals showed 5.8% infection, a reduction of 21.2% in the disease. How much of this was due to calfhood vaccination and how much to better herd management is uncertain."

"Of all calves later calving only 3% were positive, 2% suspicious, and 96.7% calved normally. Only 3.3% aborted, of these 2% were negative and may have been accidental abortion, only 1.3% were positive blood test."

James DeNormandie

Director of the Division of Livestock Disease Control of the Mass. Dept. of Agriculture explained the program of his division. The herd to be enrolled in the Bangs vaccinated program must submit all animals to a blood test given free by the Commonwealth and covering every animal eight months of age or older, sufficient assistance must be given by the owner at the time of drawing blood samples. Positive animals will not be removed from the herd except by permit from the Division. Neither will it be necessary to slaughter positive reacting animals.

All calves shall be vaccinated between the ages of 4 to 8 months by the U. S. Bureau of Animal Industry at no cost to the owner.

The services of both Federal and State Bureaus are offered with the understanding that owners will agree to follow sound recommendations.

By adapting this program owners of pure bred herds, even though they are negative to the blood test, may protect their herds from surrounding menace by adopting the Bangs Calfhood Vaccination program. Those who buy all their replacements of course will not be interested. But those who raise all or a part of their replacements might enroll in this program. If interested, write the County Agricultural Agent, Hathorne, Mass. or James DeNormandie, Director of the Division of Livestock Disease Control, 100 Nashua Street, Boston, Mass.

GARDEN CHAT

In preparing land for seeding or transplanting, it should be remembered, that the soil can not be too well prepared. How would you enjoy sitting on lumps of soil and rocks instead of a nicely prepared and pulverized soil? If you had your choice it would be natural for you to select the latter situation. Seed or plants prefer the same conditions.

To prepare the soil for planting one should spread manure if to be used over the garden area, evenly, using 1/2 - 3/4 cord per 50' x 100' garden. If lime is to be used, this would be broadcast over the newly plowed ground at the rate of 200 lb. per acre, or as otherwise directed and then harrowed or raked in. Next apply your fertilizer. If manure is used, spread 125 lbs. of superphosphate and 50 lbs. of muriate of potash or with no manure plan to use 225 - 250 lbs. of a 5-10-10 fertilizer. This is either harrowed or raked with the soil and the ground is ready for planting.

In seeding, one should not cover the seed too deep or too shallow. For general practice, do not cover seed with more than four times its diameter. This year, of all years, use more care in planting. Demand seed that states on the package the germination of the seed. This enables you to know how thick or how thin to sow the seed. If the package states that on Dec. 1941 the seed in the package germinated 80%, you will assume that under normal conditions 8 out of every 10 seeds will come. Follow your garden plan to see how far apart the seedlings should be after thinning. If beans, for example, do best at two inches apart and the seed germinates 84%, see that a seed is placed every 1 1/2" - 2" apart. With carrot seed, drop a seed every 3/4" - 1" apart. In case of lettuce drop a couple of seeds every 6 inches apart etc. Conserve seed and sow more economically and yet always remember that it's much cheaper to pull out a few seedlings than it is to transplant one.

Thinning of most seedlings or plants should take place when they are between one and two inches tall. Don't wait until they are 4 - 5" high. It has taken much plant food to grow these little plants to that height and this extra food which has produced all this surplus growth should have gone into the plant growth of the plants which are to remain and allow to produce.

In transplanting seedlings such as cabbage and lettuce try to have as much soil as possible attached to the root. Wet the plants well before lifting and the soil will cling to the root better. If the soil is at all on the dry side at the time of transplanting, wet plants down after transplanting and this will aid the plant to re-root in its new position and start growing quicker.

C. M. Stearns

BETTER HOMES DAY

WEDNESDAY, JUNE 10.

BETTER HOMES DAY

WEDNESDAY, JUNE 10.



4-H Club Notes



CANNING

A 4-H project of vital importance this year is food preservation, which again will be supported by the National 4-H Canning Achievement Contest. In addition to being an exceptionally interesting home activity to rural girls, canning affords them the opportunity to serve their country in its drive for Victory.

As an indication of what experienced 4-H girls can do, the five national winners in 1941 collectively put up 31,691 quarts of fruits, meats, vegetables, fish, soups, jams, jellies, pickles and preserves, valued at \$9,494.97.

That the contest, now presented for the fourteenth year, has gained in popularity during the national emergency is attested by the fact that 37 States accepted it last year, an increase of four over 1940.

Any bona fide club member enrolled in the food preservation project this year in States accepting the contest may compete. Participants for State and national honors, however, must have passed their 14th birthday and not reached 21 by January 1, 1942.

A gold medal will be presented to each county winner, who becomes eligible to compete for the State award, which is an all-expense trip to the 21st National 4-H Club Congress to be held in Chicago, November 27 to December 5. Five national winners to be selected from the State victors will each receive a \$200 college scholarship. All awards are provided by the Kerr Glass Manufacturing Corporation, of Sand Springs, Oklahoma.

MR. NODINE IN COUNTY

Mr. Earl Nodine, Assistant State Club Leader was in Essex County on March 4 and 5. He met with the Bartlett 4-H Agricultural Club of Haverhill, the Lynnfield 4-H Boys' Club and the Enon Agricultural Club of Wenham. Mr. Nodine also made several house visits on 4-H Poultry projects in Essex, Salem and Wenham.

Miss Margaret Phelan, school teacher in Ipswich has volunteered to lead a 4-H Boys' Club. The projects have been explained and the club expects to get underway soon. There is a very good possibility that there will be a Dairy club in Ipswich under the leadership of Mr. Orrin Parsons of Upland Farm.

Other Garden clubs are being started in West Newbury, Newbury, South Groveland, Groveland, North Beverly and Gloucester. If you haven't a food production club in your town try to start one—providing leadership is available and the young people have suitable facilities to carry on the work.

4-H MOBILIZATION WEEK, APRIL 5 TO 11

Eighteen thousand Massachusetts 4-H boys and girls and two thousand adult leaders will join with the nation's one million and a half 4-H members next week to take part in National 4-H Mobilization Week, April 5 to 11. During Mobilization Week 4-H members will pledge themselves for all-out effort in the 4-H Victory Program.

Massachusetts State College 4-H officials today announced that clubs in every county in Massachusetts will hold special ceremonies during Mobilization Week. They will renew their pledge to home, community, and country, receive a special victory pin and window sticker, and make plans for the spring production of food for freedom. Massachusetts 4-H clubs will also conduct a drive for new members during Mobilization Week.

In a letter received by Massachusetts State College officials from Washington, President Roosevelt complimented the 4-H organization on their effort to encourage young people to take a part in the nation's war effort. "In an hour when our nation needs the active support of every group of people, it is gratifying to learn that the 4-H clubs will hold a National Mobilization Week, to rally the million and a half members and spur them to greater efforts in the cause of freedom," said President Roosevelt.

"It is to be hoped that the National 4-H Mobilization Week also will bring more rural young people into active participation in the useful work in which 4-H Club members engage.

"Your activities in producing, preserving, and preparing food; in making clothing; and your other practical experiences in farming and homemaking have prepared you for many tasks important in peacetime and indispensable in wartime. No other group of rural young people anywhere else in the world has so much worth defending, or is better prepared to help defend what it has.

"Your 4-H Club pledge embodies the obligation which rests upon every Club member as a young citizen. Repeat it, study it, make it part of your very being. Let your head, heart, hands, and health truly be dedicated to your country, which needs them now as never before."

NEW BOYS' CLUB IN HAVERHILL

On March 11 a new 4-H Garden Club was organized by Leonard Marble in the Bradford section of Haverhill. Leonard is a former 4-H club member who did outstanding work in the poultry project. He is now carrying on a farm. The club is small but composed of boys who live in a rural section. These boys have a good opportunity to raise vegetables.

4-H GIRLS' DAY

Essex County 4-H Girls' Day will soon be here. On May 9, just a month away, 4-H girls with parents and friends, from all over Essex County will gather at the Agricultural School for a day of contests and renewed friendships.

During the morning, there will be judging contests in foods, clothing, canning and other projects. Any girl attending Girls' Day may enter these contests. There will be special recognition of the girls who receive the highest scores.

The afternoon program will include music, skits, a food demonstration and the Annual Style Revue. Last year there were 81 entries in the style revue, and it is hoped that this year's will be bigger and better.

A special feature this year will be the Victory Class, which will include stocking darns, renovated garments, and the 4-H Designers' Contest. The designers' contest involves sketching possible ways of renovating outmoded garments. All 4-H girls who like to draw and who have ideas on clothing design are encouraged to enter this contest.

The four highest scorers in the Dress Revue will compete for statewide honors in Amherst on May 23. This statewide contest is open to girls 14-21 years of age.

The highest scoring foods and home furnishing demonstration teams will also represent the County in Amherst on May 23.

Local leaders have a complete list of contests, also the entry blanks. Anyone wishing information about Girls' Day may contact the local leader in the town or write to the Asst. County Club Agent, Hathorne.

THANK YOU !

Many thanks to the 4-H members and leaders who did such a fine job on the lunch counters on Farmers' and Homemakers' Day at the School. The following people helped: Mrs. Joseph Croft and Miss Georgia Reed were the chairmen with Shirley Lister, Patricia Maguire, Dorothy Chivall, Ruth Bent and Doris Walker of Methuen; Mrs. Watt Dozier and Allene Dozier of East Lynn; Pauline Blackburn, Groveland; Mrs. Byron Colby, Virginia Abbott, Hathorne; Mrs. Dorothy Crean, Mrs. Audrey Day, Beverly; Bernard Berrett, Saugus; Lawrence Croft, Clyde Croft, Fred Usher, Mrs. Mary Webb, Ethel Webb of Danvers.

Ida B. Davis
Asst. Co. Club Agent

ESSEX FARMER AND HOMEMAKER

VOL. 24

HATHORNE, MASS. MAY, 1942

NO. 5

Entered as a second-class matter, May 28, 1919, at the Post Office at Hathorne, Mass., under the Acts of August 24, 1912.

Buy Enriched Foods

Just what is meant by "enriched foods"? One of two things is meant by the term "enriched food". It may mean simply that a food has had restored to it some of the food values lost in refining it. This is the fact in the case of "enriched flours". In the manufacture of white flour, the valuable outside layers of the wheat grains are stripped off, leaving only the white center, which is practically nothing but starch. The natural grains contain, besides starch, protein, fat, minerals and vitamins, but, by the time milling is completed, the white flour, which finally results, has practically nothing left in it but the starch of the original grains.

Those wise people, who regularly eat whole-wheat bread, secure all the value of the wheat grains. Unfortunately, too many people do not eat the whole-wheat breads regularly, and some not at all, and so are suffering from the loss of the valuable minerals and vitamins they should be getting. To cater to these people, some of our flour manufacturers, as a patriotic gesture, volunteered to restore to the white flour some of the minerals and vitamins, and to produce a flour still white and with no change in flavor.

This they have done at considerable expense to themselves and, yet, they have not passed this expense along to the consumer, but sell their flours at the original prices. Why not buy these flours and also the "enriched breads", made from them. All of these "enriched flours and breads" have added to them at least three things—iron, and two vitamins (thiamin and niacin).

The term "enriched", has also another meaning, as in the case of many butter substitutes, which are now "enriched". It means that vitamins are added to a food which naturally lacks them, thus giving the food an additional value it never had before.

(Continued on page 3, col. 2)

NUTRITION, HOME GARDEN, FOOD PRESERVATION PROGRAM

"Food is fundamental to the defense of the United States—On a foundation of good food we can build anything."

The purpose of a new extension service program underway, not only in Essex County but, throughout the state, is threefold. First, to make homemakers more aware of the nutritional

(Continued on page 2, col. 1)

Brief Notes on Canning Conference, Amherst

APRIL 23, 24

with Prof. Wm. R. Cole

Sugar

1. Any fruit can be canned without sugar and sweetened later, but won't taste the same.
2. Jam and jelly are not essential for good nutrition. If they are made, corn syrup or part corn syrup and part sugar may be used in place of all sugar. By experiment, these results were found: (a) **Karo** in jelly-making, best proportion seems to be 1 cup Karo to 2 cups fruit juice.
- (b) In general, Karo in place of sugar (in the same proportion) makes a jelly that is fairly satisfactory but poor in texture.
- (c) Fruit jams may be sweetened with Karo in place of sugar, resulting in equal texture but inferior in flavor.

Re-use of Rubber Rings

1. Rings used in **short process** canning may be used again for **short process** canning (as fruits).
2. Rings used for vegetables may be used again for **fruit products** (as jam).
3. Rings to be used again must be carefully washed, carefully stored, and carefully tested before using.

All food must be either used or preserved; **nothing should be wasted!**

Ida B. Davis

Asst. 4-H County Club Agent

ANT EXTERMINATION

Ants are frequently admired for their industry and in the next breath condemned for turning the pantry and lawn into a happy hunting ground. The only sure, effective way of exterminating these pests is relatively simple. Find the holes leading to their underground homes and gas them out with carbon bisulphide. This material is inexpensive and when used efficiently one treatment is usually sufficient.

The best way to get the fumes of the liquid into the nests is to make small holes, eight to ten inches deep and six to eight inches apart, in the infested area. Into each opening pour one tablespoon of carbon bisulphide and cover immediately with soil. The gas, being heavier than air, will replace it in the tunnels occupied by the ants, thus effecting a quick death. Special

(Continued on page 3, col. 2)

Better Homes Day

Better Homes Day will be held here at the School on Wednesday, June 10 with a morning program starting at 10:30.

Following the luncheon period there will be an opportunity for those attending to view the various groups around the assembly hall that will be working on projects. These ladies from some of the rug, furniture renovation, clothing renovation and cooking classes will be demonstrating their work.

At two o'clock the Music Festival will start. Mrs. Hazel Albertson of West Newbury is writing the continuity for this and the theme of the Festival will be "Building America".

The Staff and Clef Club of Marblehead with Mrs. Gladys Thorndike director are to give several musical numbers. A group of young bell ringers from Manchester will be part of the program while the members of the Women's Advisory Council are to have a Gay Ninety program.

The audience will have part in the program being the chorus.

Mr. Lyle Ring and Miss Ruth McIntire of the State College are working with the County people on this program and will be present on June 10.

The 4-H department will have a group to do folk dancing. Miss Ida Davis, Mrs. Carl Dodge of West Newbury and Mrs. Raymond Trefry of Marblehead are among those who are assisting the Extension department in planning the festival.

NEW OFFICERS ELECTED FOR WOMEN'S ADVISORY COUNCIL

At the April meeting of the Women's Advisory Council, Mrs. Frederick Works of Gloucester was elected Chairman; Mrs. Raymond Trefry, Marblehead, Vice chairman; and Mrs. Myron Wood of Groveland, Secretary. These officers will take office in September.

Mrs. Arthur Olsen of Manchester presided at the day's meetings and plans were made for the coming year's work, with Mrs. Annette Herr of the State Extension Department outlining the work.

The rest of the day was spent by the members of the Council practicing the various songs they are to sing at the Music Festival to be held in connection with Better Homes Day. Miss Ruth McIntire of the State Extension Music Department was in charge of the group.

The next meeting of the Advisory Council will be held on Wednesday, May 20 at Essex Aggie.

Essex Farmer and Homemaker

HATHORNE, MASS.

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FOOD PRESERVATION PROGRAM

(Continued from page 1, col. 1)

value of vegetables in the diet; second, to show how more of these vegetables may be produced in the home garden; third, to encourage the preservation of fruits and vegetables whether home grown or purchased. State and county extension workers, together with local people are cooperating on this program.

To be of more personal assistance to county families each community selected two representatives to attend three training conferences during the season. Through these representatives information will be given out and programs will be organized on nutrition, home garden and especially food preservation. If a homemaker in a community wishes to secure personal assistance in any one of these programs she may call upon one of the representatives in her community.

The first training conference which was on nutrition and home gardens was held in March and was attended by the following representatives: Amesbury: Mrs. Harrison Eaton, Mrs. Charles E. Folsom; Andover: Mrs. Charles W.

Arnold, Mrs. Murray Ballou, Mrs. Edwin W. Brown, Mrs. Herbert Carter, Mrs. Arthur Lewis, Mrs. Miles S. Malone, Mrs. William Trow; Beverly: Mrs. Lee W. Marshall, Mrs. Herbert Norburg, Mrs. Richard Winchestr, Mrs. Bertram Wright.

Boxford: Mrs. Benjamin Currier, Mrs. Seth L. Kelsey, Mrs. Robert Little; Danvers: Mrs. Harold Prince, Mrs. Henry Woodman; Essex: Mrs. Joseph Elwell, Miss Helen Moreland, Mrs. Blanche Nelson; Georgetown: Mrs. Samuel Noyes; Gloucester: Mrs. Charles Bergengren, Mrs. Joseph Canning, Mrs. Franklin Hinkley, Mrs. William J. MacInnis, Mrs. Lincoln Simmonds, Mrs. Fred Works; Groveland: Mrs. Myron O. Wood; Hamilton: Mrs. Edward Cole; Haverhill: Mrs. Warren Dodge, Mrs. Harry Fernald, Mrs. Jasper Gibson, Mrs. Clyde G. Page.

Ipswich: Mrs. J. William Black, Mrs. George Conant, Mrs. E. R. Haskell, Mrs. Lionel Sheppard, Sr.; Lynn: Mrs. E. Leroy Nason, Mrs. Donald F. Newman; Lynnfield: Mrs. Karl Ricker; Manchester: Dr. Frances Brodbeck, Mrs. Thomas Cagney, Mrs. Arthur Olsen; Marblehead: Mrs. F. Chester Bowden, Mrs. William E. Brown, Mrs. Micajah Clough, Mrs. George E. Nichols, Mrs. Charles A. Purinton, Mrs. William Riley, Mrs. Robert Strode, Mrs. Arthur Swasey, Mrs. Raymond Trefry, Mrs. H. H. Webster; Merrimac: Mrs. Arthur Clark, Mrs. Wendell Harvey, Mrs. Willard Kelly, Sr., Mrs. Willard Kelly, Jr., Mrs. Carl Malquist, Mrs. Edgar Sargent, Mrs. Sam Scherborn, Mrs. Earle Wallace; Methuen: Mrs. Charles Kitchen; Middleton: Mrs. Arthur Lee, Mrs. Harold Murphy, Mrs. Carl Peterson; Newbury: Mrs. Carlton Perkins, Mrs. Bertram Savage.

Newburyport: Miss Alice Higgins, Mrs. Arthur Smith, Mrs. Greenleaf Noyes, Mrs. Thomas Roman, Mrs. Norman Smith; North Andover: Mrs. A. M. Howe, Mrs. Carl Miller, Mrs. Abbot Stevens; Peabody: Mrs. Lester Brown, Mrs. P. J. Ingraham, Mrs. Arthur Moore; Rockport: Mrs. Roy Lane, Mrs. Albert Parsons, Mrs. Joseph Sears, Jr.; Rowley: Mrs. Paul Cummings, Mrs. Robert Kneear; Salem: Miss Mabel Curtis; Salisbury: Mrs. Charles Johnson, Mrs. Lillian Pike; Saugus: Mrs. Ellery E. Metcalf, Mrs. Curtis Metcalf, Mrs. Kenneth McCully, Mrs. Chester Pingree.

Swampscott: Miss Vera Gould, Mrs. Samuel Groom, Mrs. T. J. McAuliffe, Mrs. Charles Sprague; Topsfield: Mrs. Lawrence Bond; Wenham: Mrs. Donald Currier, Miss Betty Dickinson; West Newbury: Mrs. Carl Dodge, Mrs. A. R. Ackerman, Mrs. Charles Fowler.

The conferences are held in two sections of the county, at the Essex County Agricultural School in Hathorne, and at the West Newbury Town Hall for the convenience of the representatives.

The second training conference will include a discussion of insect and disease control for home gardens and a canning demonstration. These will be held May 26 at the Essex County Agricultural School at 1:30 p.m. and May 27 at the West Newbury Town Hall at 1:30 p.m.

TIMELY NOTES

SAVE SEED (1) By using treated seed to insure a good stand.

(2) Set your seeder carefully so that the seed is dropped as you want it. Keep it as thin as is safe to save seed and reduce thinning costs. Try it out on the barn floor to be sure of the adjustment.

LIME AND SOIL FERTILITY—You cannot afford to waste labor on crops that have little chance of success because the soil is too sour or not fertile enough. **TEST** for acidity or bring samples to the Essex County Agricultural School for free testing. Use just enough lime for the crop you plan. If you are short of fertilizer, use all the manure available and it may prove wiser to do things on a somewhat smaller acreage rather than poorly on more.

MACHINERY AND EQUIPMENT—Be sure that your dusting and spraying equipment is in good working order. Those bean beetles and squash bugs will do a lot of damage in a few days, if equipment isn't ready.

Give all tools and equipment extra **GOOD CARE** this season. Much of it will have to last for the duration. Keep it under cover, oiled and greased.

GET in the SCRAP—If you still have scrap iron around the place, pile it up in one spot and start it on its way to war.

CONTAINERS—Remember to buy and store all you can ahead.

Calton O. Cartwright
Asst. County Club Agent

POLLEN BOUQUETS

Fooing the bees is one way of getting a war-production crop this summer from self-sterile fruit trees that have not been bearing for lack of cross-pollination. This can be done without waiting several years for the permanent remedy - - - top-working some of the trees to a variety known to be an effective cross-pollinizer blossoming at the same time as the self-sterile trees.

A temporary expedient suggested by the U. S. Department of Agriculture frequently proves quite effective, and is often adopted in commercial orchards. When the tree that will not fruit is in bloom, cut a big bouquet of blossoming branches from a fruit tree of the same kind but of another variety. Put these branches in a pail or can of water hung on a branch of the tree. Bees working the trees will visit the blossoms on the pollinizing bouquet and transfer pollen to the blossoms growing on the tree.

For full production of fruit, single trees and small groups are also likely to need the same care in cultivation, spraying and pruning that commercial orchardists find profitable.

Any community not represented in the above list may send representatives to the next meeting. Any further information may be obtained from Miss Katherine M. Lawler, County Home Demonstration Agent, at the Essex County Agricultural School.

SUPPLEMENT

ESSEX FARMER AND HOMEMAKER

SCHOOL NOTES

MAY, 1942

PROGRAM CHANGES

The Juniors have taken up gardening since our school program was changed this quarter. Part of the class is taking up flower gardening while the other part does both flower and vegetable gardening.

Since school started the Freshmen have had mathematics for two periods a week. Now they have only one period of mathematics and one with Miss Moore, with whom they talk informally on the history of the school and how it is supported. They also talk about manners and etiquette, a most worthwhile period.

The High School girls are having their turn being waitresses to the teachers in the faculty dining room. The Seniors had this training earlier in the year.

Except for these changes the students have the same subjects as they have had all year but we go to different rooms, at different times for each class room subject. So, for the first few weeks we girls do not dare to be without our program cards or we would be found going about the building looking for the right room and with an anxious expression on our faces.

The student body is much in favor of these changes in their school routine from time to time, for they claim it adds a spice to school life.

Lorena Loeffler

NEW BOOKS

Several new books have been added to the Homemaking Department Library.

Individual Biography include: "My Sister and I", Dirk Van Der Heide; "Madam Cure", Eve Cure.

Among the collective biographies are "Men Who Lead Labor", Minton Sturat; "Heroines of Modern Progress", Adams and Foster; "Lives of Girls Who Became Famous", Bolten.

In the field of House Care: "The House and Its Care", Mathews; "Marketing and Housework Manual", Donham and "America's Housekeeping Book" Compiled by New York Herald Tribune are up to date and very helpful.

For Short Stories, two books: "Book of Short Stories", Obar; "Stories of Adventure", Herzberg are to be found on the shelves.

Two Poetry books are very readable: "Poems for Youth", Cooper; and "Modern Lyrics" by Dickinson.

For Travel, students can find "Travel Sketches of Today", Hanson and Gross; "The Port of Gloucester", Connally, on the shelves.

SUGAR-LESS SWEETS or WHY GIVE UP DESSERTS?

Now that sugar is on the rationing list the busy housewife, along with all her other jobs, has to plan menus which include something sweet to satisfy her family's sweet tooth in spite of the lack of sugar. Lucky for her there are many substitutes which can be used and honey seems to be a favorite. This cake recipe uses honey instead of sugar and graham crackers instead of flour. The graham crackers are high in food value because they are whole grain cereal, one of the food requirements which it is hard to get our families to eat. This recipe is an especially fine recipe for war times.

Graham Cracker Cake

$\frac{1}{2}$ c. butter or substitute
 $\frac{3}{4}$ c. honey
2 eggs
1 tsp. vanilla
 $2\frac{1}{4}$ c. graham cracker crumbs
 $2\frac{1}{2}$ tsp. baking powder
 $\frac{1}{2}$ c. milk (may not need as much milk)

Cream shortening, add honey, eggs one at a time, beat thoroughly. Add vanilla. Alternate dry ingredients and milk. Pour into layer pans. Bake in a moderate oven (375°) for 30 minutes (about).

Between layers spread a Cream Filling:-

$\frac{1}{3}$ c. sugar
 $\frac{1}{4}$ c. bread flour
1 c. scalded milk
 $\frac{1}{2}$ tsp. vanilla or $\frac{1}{4}$ tsp. lemon extract
speck of salt
1 egg or 2 egg yolks

Mix dry ingredients. Add scalded milk gradually. Cook 15 minutes in a double boiler, stirring constantly, until mixture thickens and occasionally afterwards.

Add eggs slightly beaten and cook 2 or 3 minutes longer. Cool and flavor.

On top of the cake spread raspberry jam and cover with a thin layer of whipped cream.

Other Variations: instead of a cream filling all jam could be used or any favorite icing could be used especially the honey icings which conserve sugar.

Doris E. Horne

"Living with Others", Goodrich, is worth reading during these troublous times.

"National Governments and International Relations" by Magruder is a 1942 edition and tells much that is of interest today.

Marjorie Pierce

"THE REALM OF THE HONEY BEE"

On Tuesday, April 14, Mr. George A. Meigs, of the faculty, presented to all the members of the Homemaking Department a movie entitled "The Realm of the Honey Bee", which proved to be very interesting as well as educational.

Mr. Meigs stated that in 1645 in Newbury, a subsidy was given to residents to encourage the production of honey. He also said that the products of the hive are various and many, and the two most widely used are beeswax and honey.

We learned that the nectar from which the honey is made is gathered from flowers by the bees, and its chief composition is that of Sucrose sugar. It was interesting to learn that the bees visit one kind of flower at a time and then return to their hive. The difference in the flavor and color of honey is due to the various kinds of flowers.

Bees are classified in three groups, namely the Worker, the Queen, and the Drone. The Workers defend their colony and there are usually thousands of them. The Worker lives from six to eight weeks. The Queen lives several years and produces all the eggs which number from 1,500 to 2,000 eggs per day. There is always just one Queen in a hive. The Drone lives from two to three months, and they number into the hundreds.

There are many uses for honey and the most common are in beverages, salads, on cereal and fruit and in cookery. Most people like honey, mainly because it is an easily digested natural food, and because of its energy value, due to the sugars it contains.

Eleanor M. Duffy

AWARDED COUNTY FARMER'S PINS

Twenty-one members of the Essex Chapter F.F.A. were awarded the Future Farmers pin during the past year. The qualifications for this degree include the earning and profitable investment of at least \$25. The completion of one year in vocational agriculture with a satisfactory project; practice in parliamentary law and leadership in group meetings. The following students successfully passed all requirements including the learning of the Future Farmer Creed:- Roger Boardman, George Emerson, David Knott Jr., Joseph Riette, Warren Heath, Joseph Joyce Jr., Charles Sioman, Coleman Lee, Raymond Purdy, William Corbett, Leo Dubois, Vera Yonetz, Sydney Barlow, Clifford Gaudet, Donald Hill, Anthony Sammartano, David Williams, Paul Kent, Richard Stark, Joseph Roche, and Priscilla Glines.

ARBOR DAY PROGRAM

The Junior A Division had charge of the Arbor and Bird Day Program with Leona Fregeau in charge. At one o'clock the student body assembled on the Campus and had the formal part of the program. This was followed by the planting of a Flowering Crab; a blue spruce seedling and a white spruce seedling on the campus.

A Prayer by Edwin Markham
Leona Fregeau
Proclamation for Arbor and Bird Day
Bernadette Lanier
Trees by Bliss Carman
Claire Gillespie
The making of Birds - Katherine Tynan
Margaret Purcell
Song, America the Beautiful
Student Body

SOME INTERESTING ANECDOTES OF OLD SALEM

1639. A man and his wife, of our inhabitants, are admonished by the General Court to "make bigger bread".

1646. Ordered by the same authorities, that bakers shall have a distinct mark on their bread; and that they have the weight of their white wheat and household loaves according to the price of the material with which they are made.

1652. As some bakers make light bread, and when the clerk of the market comes to weigh it they pretend it is for their own use, the legislature enact, that they shall bake all their bread of equal and just weight. Bake houses in 1791 were eight; 1801, seventeen; 1811, twelve.

1640. The General Court, order and inquiry about the means for making linen and cotton cloth.

1642. The selectmen of each town are requested to see that the children of each family are taught to work on wild hemp and flax.

1769. William Pool in Danvers, notifies our inhabitants and others, that he has gloves to sell by the dozen, generally made for funerals, and "used by such persons as are esteemed friends to America". Good cord wood taken for pay.

1652. Two women are fined by an Essex County court, one for wearing silver lace, and another for wearing lace of a different sort. Two more came alike under the ban of the law, the former for appearing with tiffany and the latter with a silk hood, as part of their attire. The reason for this severity was, that they thus went beyond their means. Alice Flint of Salem, was arraigned by the same authorities for adorning her person with a silk hood. But by proving herself to be worth 200 pounds, she was excused.

1770. Elizabeth Sanders Porter, mantua maker, from Boston, notifies that she makes gowns, hats, and riding habits, and will wait on ladies at her residence or at their houses. The number who follow this employment are 62.

NEW BEDROOMS FROM OLD

In these days, especially, when conservation is becoming a by-word, it might be timely to see what can be done with furniture already on hand in fixing up that bedroom that so badly needs rejuvenating. The expense is surprisingly small, though it may mean hard work. However, it will be a lot of fun, and when you find that you can make something attractive out of almost nothing, it will give you genuine satisfaction I am sure.

Let's think of the bed first. Perhaps you have fallen heir to a rather clumsy wooden bed of a generation or two ago. If the headboard is quite high and an average sized footboard, why not saw off the headboard down to the base where the spring rests. Then turn the bed around and let the footboard become the head board. A flounce of material attached to the spring and hanging close to the floor will look attractive below your bedspread. Many of the most luxurious modern beds have no footboard and so now your cast-off wooden bed will look quite up-to-date, especially if you wish to make a slip cover for the new head board. You might have this match the flounce.

If you make a slip cover, you should pad the headboard with something soft like an old blanket. Tack it securely on all surfaces. Then just sew up your widths of material such as chintz, cretonne, glosheen, or even plain percale, cut to conform with the outline of the headboard, and slip it over.

Even an old iron or brass bed can be fixed up by sawing off the headboard in the same way, or sometimes just a section of the fancier part of the design may be removed. If you wish to slip cover an iron or brass bed, it should first be covered on both sides with a light weight plywood board to give a smooth surface. This might also be heavy cardboard or corrugated paper. Small holes should be made near the corners of the boards so that they can be fastened securely to the frame with fine wire. The edges of the boards must form a flush boxing around the frame. Then pad with cotton or a blanket.

Dressing tables may be improvised in many ways. Perhaps there is an old table no longer needed, an old cabinet or just a shelf might be put up with brackets and a skirt attached or even orange crates may be used. A stool for the dressing table might be an old piano stool with proper padding and a skirt added or a butter bucket turned upside down, are possibilities.

If you happen to have one of those common wooden bureaus with a mirror attached to it you can improve it greatly by first removing the mirror from the upright structure which holds it to the bureau. This can be just unscrewed and removed, and the mirror hung separately. If there is a lot of unnecessary decoration on the bureau, it may be just glued on and can be simply pried off. The wood may then be bleached and waxed, or freshened with new paint, as you desire.

RURAL ELECTRIFICATION Barn Ventilation

There is a barn ventilating fan available today which is a boon to farmers who have neglected installing a ventilating system in their barns because of the prohibitive cost. This equipment, devised by Ralph Bugbee, Agricultural Engineer for the Central Vermont Public Service Corporation, consists of a 20-inch fan placed in a housing near the ceiling of the barn, usually about the middle of one side and preferably on the south or east side of the building. The housing is fitted with an intake duct extending within 24 inches of the floor; the fan is driven by a 1/6 or 1/4 hp. two-speed motor through a V-belt drive. Three step pulleys are used on fan and motor so as to permit three-speed ratios. The fan is controlled by a simple thermostat so wired as to run the fan at low speed when the barn is colder than the thermostat setting and at high speed whenever the barn is warmer than the temperature for which the thermostat is set, which is usually 50 degrees.

With this fan it is possible to provide positive ventilation at a moderate cost if the farmer is willing to make some effort to adapt the use of fans to his specific needs. Of course good wall and ceiling construction is desirable in order to permit adequate ventilation but some improvement can be expected through the installation of a fan even in a poorly built barn.

Properly spaced air intakes, independent of windows, are ideal but windows can be used if the barn man is willing to adjust openings to conform to weather conditions.

Fans should have a maximum capacity of 60 cubic feet of air per minute per cow and the belt drive makes it possible to use one type of fan for barns of various sizes due to the three-speed ratios.

This type of fan should revolutionize the barn ventilating problem because of its moderate cost to the farmer, easy installation, simple operation and satisfactory results produced. If there are any of your farm customers who are desirous of installing an adequate ventilating system in their barns, they will no doubt be interested in this new development. Do not hesitate to get in touch with us to answer any inquiries about this.

These are just a few suggestions of what may be done in fixing up old furniture, and I am quite sure, after you get started, that you will see possibilities in other articles of furniture which you had thought were only fitted for discard.

Margaret R. Harris
Instructor in Related Art

FARM BUREAU ORGANIZED

Essex County, the easternmost county and one of the oldest agriculturally in Massachusetts, organized a County Farm Bureau last Friday and made application to the Massachusetts Farm Bureau Federation for membership.

As their president they elected John L. Carten, Jr. of Peabody, one of the leading dairymen of the county. Serving with him as secretary is Archer Pierce, a prominent fruit grower; and Ralph Gaskill, Manager of the Essex County Co-operative Farming Association, becomes the provisional treasurer.

These three men are empowered to nominate an Executive Committee and to prepare a constitution and start membership organization.

A large and representative gathering of many of the leading farmers and farm women in Essex County took part in starting off the new Farm Bureau.

The Chairman of the meeting was County Agricultural Agent, Francis C. Smith, and greetings from the Essex County Agricultural School were extended by Director H. A. Mostrom.

Dr. W. Elmer Ekblaw of Clark University gave a stirring address on the topic, "Farmers, Where Are We Headed?" and President Joseph Decatur of the Massachusetts Farm Bureau Federation brought the invitation of the ten other County Farm Bureaus in the state that Essex County should join their number and make the Federation completely representative of every geographical section of the state.

Eleven counties are now officially affiliated with the Massachusetts Farm Bureau Federation and its membership extends even into the islands of Nantucket and Martha's Vineyard.

Following are the Areas and Directors of each:-

Area 1; Merrimac, West Newbury, Amesbury, Salisbury, Newbury, Newburyport. Director - Herman Kinney, Amesbury.

Area 2; Haverhill, Groveland, Georgetown. Director - Harry Blackadar, Ward Hill.

Area 3; Methuen, Andover, North Andover, Boxford, Lawrence. Director - Roger Lewis, Andover.

Area 4; Rowley, Ipswich, Hamilton. Director - Daniel Brown, Rowley.

Area 5; Essex, Gloucester, Rockport, Manchester. Director - C. Nelson Hardy, Essex.

Area 6; Danvers, Middleton, Topsfield, Wenham, Beverly. Director - Clyde Hennigar, Danvers.

Area 7; Peabody, Lynnfield, Saugus, Lynn, Marblehead, Salem. Director - Ralph Broughton, Peabody.

The town directors for towns without officers or directors of the County Board are: Salisbury, Wm. Pettingill, Jr.; Newburyport, Thomas Roman; Rowley, Chester Dunn; Ipswich, Wilfred Martel; Gloucester, Clifton E. Day; Rockport, Roy Lane; Hamilton, George Sprague; Wenham, Ernest Thayer; Saugus, Thomas Skahan; Lynnfield, Harold Walker; Middleton, Dr. Silvernail; Topsfield, Horace Clark; North Andover, R. A. Messerli; Methuen, Peter Yurelionis; Merrimac, Henry Lay;

ANT EXTERMINATION

(Continued from page 1, col. 2)

precautions must be taken while working with this material as it is highly inflammable.

Avoid close contact with a lighted match, cigarette, pipe, or cigar.

When purchasing this chemical ask for the common "technical" grade; it is just as efficient and much less expensive than the chemically pure grade.

If the homemaker is unsuccessful in locating the nest of the ants foraging for food in her pantry, the pests may be trapped or poisoned in the house. Sodium Fluoride (poisonous to children) may be dusted liberally in the areas where ants congregate, and especially in the vicinity of the place where they enter the house. If small children are in the house, Pyrethrum Powder should be substituted for Sodium Fluoride. It is non-poisonous, though nauseating, to children.

Commercially manufactured Thallium Sulphate baits have been found highly effective in controlling ants. These are poisonous and must be used with care. Purchase a commercial product having this chemical as a base and follow carefully the directions of the manufacturer.

Ants may also be trapped in receptacles of sweetened water and destroyed with fire. Repellants such as borax do not give satisfactory results.

James F. Gallant
Science Instructor

BUY ENRICHED FOODS

(Continued from page 1, col. 1)

The main nutritional difference between butter and butter-substitutes lies in the fact that butter has the valuable Vitamin A in it, which is lacking in the various butter substitutes. It is this value which gives such importance to butter in a war crisis. With rising prices, there is a tendency and a need to use more and more of the substitutes. Since Vitamin A is of extreme importance for good eye-sight, its supply needs to be safeguarded. This need is being met by some of the manufacturers of butter substitutes, and at only a few cents a pound increase in price. Thus, we are safer in this war in using butter substitutes than was the case in the First World War.

Be Wise and Buy

"Enriched Butter-Substitutes".

Many canned milks are being enriched with Vitamin D and many cereals now have valuable minerals and vitamins added.

So, if you are out to get the most food value for the money you spend, you will read the labels on the foods you buy and secure those which are labeled "enriched", whenever possible.

This idea of enriching food is one of the greatest contributions made to our nutritional program in recent years.

Bessie McJunkin
Instructor in Foods

West Newbury, Joseph Cooney; Groveland, Homer Rowell.

Delegate to State Federation - John L. Carten, Jr.

GARDEN CHAT

Home grown vegetables are the best sources of mineral elements and vitamins which are essential to health and morale and can be grown on every farm and on many backyard lots where the soil is fairly rich and where owners have had some experience.

All the early crops should be planted by now and one's attention should turn to the warm weather crops; such as beans, tomatoes, cucumbers and squash. Bean, cucumber and squash seed should be covered with an inch of soil while tomato, pepper and eggplant plants should be set slightly deeper than the plants were growing in the plant bed. It is not necessary to set a tomato plant in an upright position - set plant in a diagonal position and let it lay onto the ground after transplanting. After it becomes rooted, the plant will straighten up itself and carry on. Why tax the plant and expect it to stand up after the severe severing of the roots any more than we would expect a person who has just gone through an operation to sit up or walk immediately afterwards. While speaking of plants, such as tomato, a small sturdy healthy plant is much better than a spindly, large one. If you are growing your own plants in a hotbed or coldframe, keep the plants on the dry side, with plenty of fresh air if they are beginning to get tall and spindly. Keep beds uncovered unless there is danger of frosts at which time cover at night.

Don't plant too many cucumber and squash seeds to the hill. Knowing the germination of your seed sow as to have 5 or 7 plants per hill to select from. This will conserve seed. In the case of squash, you do not need more than 3 plants per hill to mature. Discard the poor, weak or unhealthy seedlings at thinning time. In the case of the cucumbers, have 4 or 5 plants to mature.

Cabbage and related plants (cauliflower, broccoli, etc.,) should be treated right off if you haven't taken care of them as yet for cabbage maggot. Don't wait until you note that the plants are wilting badly which is the indication that maggots are present. Flies lay their eggs on the stems of the plants in early May and it is at this time that the first application of corrosive sublimate should be applied, repeating a week later.

One ounce of corrosive sublimate to 10 gals. of water should make enough to treat 1000 plants at once. If you purchase corrosive sublimate in tablet form, use at rate of 8 tablets per gallon. Apply at rate of 1/3 cup of the liquid per plant for each application. Corrosive sublimate is poisonous and should be kept out of reach of children and animals. It should be mixed in glass, crock, or wooden containers, because of its chemical action on metal.

C. M. Stearns

BETTER HOMES DAY

WEDNESDAY, JUNE 10.



4-H Club Notes



JUNIOR SEWING MACHINE CONTESTS

To see a group of young girls age 10-13 sit down to sewing machines and "stitch away", capably and confidently, is certainly a very encouraging sight. Such was the case on two Saturday mornings at the Junior Sewing Machine Contests: in Haverhill on April 25, and in Salem on May 2.

The girls who competed were chosen for general sewing ability and good sewing machine technique, and represented their clubs or a group of clubs. Every contestant was presented with a spiral tape measure, and the girl who did the most outstanding work in each contest was presented a 4-H notebook.

During the contest, each girl was required to

1. Make 2 stitching charts (machine unthreaded).
2. Stitch four seam samples - notched, French, ready-made, stitched flat fell.
3. Judge four sample patches.

Each girl was also asked to bring a completed garment which she had made during the school year, showing machine stitching.

The following girls took part in the Haverhill contest: Judith Napier of Andover; Barbara Wright, Groveland; Ann Barrett and Helen Barrett of Rowley. In the Salem contest: Edith Chase, Virginia Bennett, of Danvers; Lorraine Dube, Ruth Canty, Theresa Laverdiere of Beverly. 4-H notebooks for superior workmanship were awarded to Ann Barret and Edith Chase.

4-H CITIZENSHIP OATH

We, individually, and collectively, pledge our efforts from day to day, to fight for the ideals of this Nation.

We will never allow tyranny and injustice to become enthroned in this, our country, through indifference to our duties as citizens.

We will strive for intellectual honesty and exercise it through our power of franchise. We will obey the laws of our land and endeavor increasingly to quicken the sense of public duty among our fellowmen.

We will strive for individual improvement and for social betterment. We will devote our talents to the enrichment of our homes and our communities in relation to their material, social and spiritual needs.

We will endeavor to transmit this Nation to posterity not merely as we found it, but freer, happier, and more beautiful than it was when transmitted to us.

SPECIFIC GUIDEPOSTS FOR LEADERS

1. Appreciate what youth can contribute now in helping to win the war.
2. Give youth a sense of their own importance in the National Victory Campaign.
3. Provide a real place for youth in every program in which they can render a service such as providing participation in connection with Civilian Defense Councils, Farm Defense Councils, and Agricultural Planning Committees.
4. See that youth are provided an opportunity to voice their viewpoints in various meetings attended by both adults and young people and stress the fact that the initiative and enthusiasm of youth are as important to any program as are the judgment and experience of age.
5. Furnish youth with as much opportunity as possible for the development of leadership and cooperation in group undertakings so that they will, in turn, appreciate the power of united effort under wise leadership.
6. Emphasize the importance of a strong national unity in terms that youth can understand; stress the value of loyalty at all costs.
7. Encourage youth to become as physically and morally fit as possible; stress the importance of developing a moral stamina and a physical resistance that will enable youth to stand up under ordinary strain or temptation.
8. Furnish information to rural youth regarding educational opportunities and employment near at hand.
9. Help youth to develop those constructive attitudes that will enable them to make adjustments easily in the face of hardships at home, at a military camp, or in a defense industry; to learn the facts regarding the types of situations they may have to face and ways in which they may be able to meet these situations.
10. Stress the importance of youth building for themselves real mental security by learning how to develop an idea, to think things through, to break down prejudices and intolerance, to understand self and others, to recognize values, to appreciate beauty and goodness, and to cling to what is believed to be right.
11. Aid youth to catch and to hold the vision of the democratic way of life as conceived by the wisest and noblest statesmen of this Nation, and encourage indomitable zeal on their part to work and fight, if need be with their lives,

NEW BEDS FOR CAMP LESLIE

Camp Leslie will have 32 new bed springs this summer. These springs have been purchased and are standard army cot size, although they have a different spring pattern. The bunks will be double, that is one bunk will be supported over the other which allows more room in the cabin. There will be 4 double bunks in each cabin equipped with new beds. Later on when more funds are available all cabins will be equipped with double bunks.

JULY 5 to AUGUST 9

Camp Leslie will open on Sunday, July 5 and will run through Sunday, August 9.

At our camp the breezes are stirring uneasily in the trees, Old Pentucket Pond is lapping the shore and waiting for the first 4-H member to splash and swim in its inviting waters. The birds are singing in the trees and saying "Come to Camp, Come to Camp". Are you looking forward to Camp Leslie?

POULTRY MEMBERS

Essex County 4-H Poultry members are listed on the State Honor list as having high egg production.

In November Walter Jewett of Ipswich; Richard Nash, Middleton; and Robert Horne of Salem were the ones with scoring birds.

In December, William Tompkins of Essex and Emery Lessard of Rowley, while in January William Tompkins' birds were high again with Donald Lambert of Methuen had birds that were a close second.

WHY I LIKE 4-H CLUB WORK

Robert Stedman of Saugus is a 4-H Club member and he recently wrote why he enjoys 4-H Club work, his letter follows.

"I like 4-H Club work because it teaches you how to be a good sport and promotes fair play with other members. It increases knowledge by the things you see at the different Fairs, also at the Agricultural School. It gives you extra credit in your school work. You get a chance in summer to attend a wonderful health camp which is situated on the shores of a beautiful lake and among many tall pine trees. Here you may enter such sports as swimming, canoeing, rowing, tennis and soft ball, all of which adds to your general physical condition."

for its maintenance and further development.

Gertrude L. Warren
Washington, D. C.

ESSEX FARMER AND HOMEMAKER

VOL. 24

HATHORNE, MASS. JUNE, 1942

NO. 6

Entered as a second-class matter, May 28, 1919, at the Post Office at Hathorne, Mass., under the Acts of August 24, 1912.

Parents' Day

The annual Parents' Day will be held on Wednesday, June 17 at the Home-making Department of the School. Guests are invited to come and spend the day at the School, bringing a basket lunch to enjoy at noon and visit the various rooms where the exhibits will be.

Mrs. Clapp will exhibit work done during the year by both the Freshmen and Juniors. This includes applique work, cotton suits and dresses and the work the Juniors have done with rayon.

Mrs. Dunn will have the commencement dresses made by both the Seniors and the High School groups. A fashion parade will be held to exhibit these dresses.

Miss McJunkin will have some commencement dresses done by some of the Seniors and also a nutritive exhibit on "Enriched Foods".

Mrs. Butman will display furniture which has been refinished by the Freshmen groups. These will include tables, chairs, and stools.

Miss Emerson has for her exhibit substitutes for sugar as used in cakes and cookies. In nutrition there will be an exhibit of "What you should eat, Why you should eat it and The value of it".

Miss Smith will display work done during the year for home projects.

In the academic division there will be a large map of the Pacific Area and Eastern Asia. Displayed on a table before it will be some of the products which come from these various countries. This is a means of showing why there will probably be a shortage of some materials. This will be Miss Clarke's display in the library.

Mrs. Roundy will display the home sterilization of materials for dressings and also some of the old fashioned means of hot applications because of the shortage of electric pads, rubber and other materials. There will also be an exhibit of the Freshmen Personal-Hygiene notebooks.

Mrs. Maude will have an exhibit illustrating the four Points in the Consumer Defense Program, namely, Conservation, Substitution, Simplification and Salvage.

Miss Harris will exhibit the model rooms made in the Senior Home Decoration classes. Drawings of heads showing correct and incorrect necklines will be the chief exhibit for Dress Appreciation. The art work done by the Freshmen during the year will be shown in booklets with covers painted in original designs. There will also be an exhibit of projects done in Hand-craft under Miss Melanson's guidance.

(Continued on page 2, col. 3)

Home Canning

At no time has the problem of "Home Canning" been any more important to the homemaker than it will be during the present season. Two canning bulletins "Home Canning of Vegetables, Fruits and Meats" and "Vegetables and Fruit Products" issued by the Massachusetts State College Extension Service may be obtained from the County Home Demonstration Agent at the Essex County Agricultural School. These bulletins contain a copy of a vegetable budget for one person for a year, a discussion of the general principles of home canning and recipes for canning vegetables, fruits and meats, jams, jellies, marmalades, pickles and other preserves.

A part of the Nutrition, Home Garden and Food Preservation Program includes canning demonstrations or canning "bees" in the different communities throughout the county. Because of the problems of transportation these meetings will be held locally and are available for any group of women who may be interested. Where necessary, these meetings will be held in different communities within the same town or city. Contact your community representatives — their names were printed in last month's "Farmer and Homemaker" and see if a meeting has been arranged for your community.

Dates are being accepted at the office of the Home Demonstration Agent for single meetings in the various communities of the county on Canning Technique. Any groups that wish to have this service should contact Miss Lawler at once.

The canning budget may also include 25 pints of canned fruit for each member of the family. A leaflet entitled "Ways to Save Sugar When You Put Up Fruit" may be helpful to you and is available to any homemaker. It may be requested with or without the canning bulletins.

75 pints of canned vegetables, 25 pints of canned fruits for each person in your family if some vegetables are stored — otherwise, another 75 pints of canned vegetables is the requirement for a canning budget. How far will the canning you do for your family this summer go toward meeting this requirement?

Katherine M. Lawler

New Courses Offered

Announcement has been made recently by Director Mostrom of the decision of the Board of Trustees to establish new emergency courses at the School. These courses are for the vocational training of defense workers, rural and non-rural.

One course will offer instruction in the operation, care, and repair of tractors, trucks, and automobiles; the other in metal work, including welding, tempering, drilling, shaping, and machinery repair.

Out of school youth who are between the ages of 17 and 25 and who are principally from rural areas or smaller communities will be given first consideration for enrollment.

Machinery is now being received and preparation made for the opening of these courses by early fall. Instruction will be free, and application for enrollment should be addressed to the Director at the Essex County Agricultural School, Hathorne, Massachusetts.

The courses will be offered evenings. Each session will be approximately three and one-half hours in length, four nights per week, for about ten weeks. Class hours will probably be from seven to ten-thirty o'clock.

There are four specified objectives in setting up these courses:

1. To create a reservoir of youth with preliminary training who may go into national defense industry employment as the occasion demands.
2. To better qualify youth to serve agriculture as it becomes increasingly mechanized.
3. To serve as a device for selection and guidance of youth into advanced or specific training courses.
4. To be of better service to the armed forces if inducted.

It is believed that there are still many young people out of school who could profit by such instruction. They may continue to do such work as they are now engaged in during the daytime and take these evening courses to better fit themselves for employment on the farm or in industry or to be better equipped to do more specialized work if and when enrolled in the Armed Forces.

New Course For Girls

Many requests have come to the School from hospitals and other institutions for girls who have had training similar to the work here at the School. A survey has been made and the School is endeavoring to aid in this emergency by offering a shorter course of training for girls who are interested in working in hospitals. This shorter unit will be about twelve weeks in length.

(Continued on page 3, col. 1)

Essex Farmer and Homemaker

HATHORNE, MASS.

Published monthly by the Trustees of
the Essex County Agricultural School

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MRS. WARREN APPOINTED TRUSTEE

Mrs. Samuel D. Warren of Essex has been appointed by Governor Saltonstall to be a trustee of the Essex County Agricultural School, in place of Frederic Winthrop, Jr., of Hamilton who resigned to enter the Service.

Mrs. Warren is owner of a farm in Essex, is a member of the advisory board of the short wave radio station WRUL, a member of the executive committee of the Infants' hospital and of the Childrens' Hospital.

NEW RADIO PROGRAM

Daily except Sunday, Radio Station WBZ is having a program for agriculturalists from 6 to 7 o'clock each morning. The first part of the program is given to announcing meetings in the various counties in Massachusetts. There is a guest speaker each morning as well as other items of interest and importance to farmers.

This program is under the direction of Charles Eshbach and the Essex County Agricultural School and Extension Departments are cooperating and sending notices of meetings to this program.

4-H CAMP LESLIE

The dates of 4-H Camp Leslie are July 5 through August 9. Camp folders are being printed and will be in the leaders' hands shortly.

Mr. James Boynton of Georgetown will be the Director of Camp this year. Mr. Boynton has had camping experience at Camp Becket. He is a Springfield College graduate, where he took courses on Camps. He is also the High School Coach in Georgetown. This experience will be of value to Camp Leslie as Mr. Boynton is handling the Athletic program.

800 WOMEN

About 800 women of Essex County have attended the Evening Practical Arts classes held in various parts of the county during the past year.

Home Nursing classes with Mrs. Mary E. Roundy, R.N. as instructor have met in the following communities, Amesbury (two groups); Clifton; Ipswich (two groups); Ballardvale, Andover and Peabody.

First Aid classes with Mrs. Roundy have met in Amesbury, Clifton, Ipswich (two groups), Ballardvale, Andover, Peabody and Danvers.

A First Aid class was also held at St. James Notre Dame Convent in Salem.

The demands for Home Nursing and First Aid were so numerous that Mrs. Roger McGrath R.N. of Salem was engaged by the County to instruct two groups in Peabody, one group at St. John's Notre Dame Convent and another group held at the Warren Savings Bank building.

The Evening Practical Arts Foods classes held in the County under the direction of Miss Esther Belair were held in West Boxford; two groups in West Newbury; two groups in Peabody; as well as two groups at the Essex County Agricultural School on Tuesday and Friday evenings throughout the winter.

The women attending nine out of ten meetings received a Home Nursing or First Aid certificate from the Red Cross Chapter of the town where the meetings were held. Director Mostrom has presented about 70 certificates to the women who have completed their work in Foods.

FRUIT GROWERS MEETING

Over 60 Essex County Fruit growers inspected the orchards of Brooksby Farm, Peabody on the evening of May 21, under the guidance of the superintendent, Mr. Archer Pierce. The tractor trailer served well to carry a large number of the group through the orchards where frequent stops were made to make explanations and to answer questions on the operations.

Before the association meeting in the packing house Mr. Pierce and Edward Lynch, Senior student who has his project with Mr. Pierce, gave a fine demonstration on the use of the orchard duster. Conditions have been and were on that occasion particularly favorable for use of a duster to prevent apple scab.

President Bradford Webb called on many to contribute information to the association meeting. Among those who made valuable contributions were: Director Harold A. Mostrom; William D. Masters, New England Representative of the New York and New England Apple Institute; Harry Seagrave of Long Hill Orchard and County Agent F. C. Smith.

In spite of unfavorable weather, gasoline and tire shortages the growers cooperated to make this one of the most successful meetings so far.

C. M. Wood
Fruit Instructor

STOCKINGS

It is interesting to know that it takes 30 miles of fine silk strands to make a pair of 30 inch silk stockings. A number of these strands are twisted into threads, which in turn are knitted into the stockings.

In chiffon hose the threads used have only two to four strands, while in service weight there are seven to 14 strands to a thread. An in between quality called semi-service carries from five to seven strands to a thread.

Silk stockings are becoming very scarce and rayon stockings are rapidly taking their place. These are knit by a special process which eliminates shininess and gives the stockings a dull and even finish without rings or streaks. Some of them look as nice as the finest silk hosiery and when they are dry they are as resistant to runs and snags as silk.

When they are washed, however, they must be handled with care for when rayon threads are wet they are very weak. Wash carefully, rinse thoroughly and lay on a towel away from sun and heat to dry. You will find that it takes a long time to dry them, twenty four hours is none too long. The price of rayon hose is about the same or a little less than top price silk.

Abbie Clapp
Clothing Instructor

DELPHINIUM MITE

The recent lengthy spell of cool, wet weather has been an important factor in the development and reproduction of many insects and diseases.

Some growers have reported serious injury to delphinium plantings by the delphinium mite. This mite, which is translucent and microscopic, infests the new leaf and blossom buds causing them to become swollen and distorted. It is a very difficult pest to control.

All spikes which show injury should be cut immediately and destroyed. Other plants which do not show evidence of infestation can be protected by weekly applications of a rotenone spray applied very thoroughly to the buds of the plants.

James F. Gallant

PARENTS' DAY

(Continued from page 1, col. 1)

The morning program starting at 11 A. M. consists of a final play-off of Volley ball.

During the noon hour those attending may eat their lunches in various spots around the campus.

The afternoon program includes a talk by Mr. Harold A. Mostrom, Director of the School and the fashion parade when the girls will model their gowns.

Margaret Colby

SUPPLEMENT

ESSEX FARMER AND HOMEMAKER

SCHOOL NOTES

JUNE, 1942

PATRIOTIC ASSEMBLIES

The girls in the Homemaking Department have been responsible for two patriotic assemblies.

The Junior B's were in charge of the Memorial Day exercises which were held on Friday, May 29, in memory of the soldiers that have died in our wars. Carolyn Archambault was the chairman.

The program opened with a Salute to the Flag and the Lord's Prayer by the School. This was followed by singing "Speed Our Republic". "Thoughts on Memorial Day" was read by Laura Onistzuk. "A Monument for the Soldiers", was read by Diana Olds. "The Gettysburg Address", was read by Grace Marshall and was followed by the National Anthem. The program closed with the playing of "Taps" by Laura Onistzuk and Dorothy Fowler.

The Freshmen A's have planned a program for Flag Day. It will be given on June 12. Their program follows:

The Salute to the Flag, followed by the singing of "America". President Roosevelt's message including the Proclamation for Flag Day, will be read as well as the reading of "America for Me", and "Flag of the Free". "Our Flag" will be sung by the School, followed by the "Story of the Star Spangled Banner". The program will conclude with the singing of "The Star Spangled Banner".

Virginia Ayles

STUDENTS' WEEKLY REPORTS

As part of the summer project program students in the agricultural department are required to send in written reports each week on the work they have accomplished. Some very interesting accounts are received and in the main weekly reports are satisfactory. The following excerpts have been gleaned from the May reports.

"This week we finished building the range fence, and all chickens were put on range. We sprayed apple trees with lead arsenate and Kolofog. We repaired the electric fence and cut potatoes for seed. Next week we will plant potatoes and do more spraying."

G. W.

"This week I have been working with the Ice Cream mix, making cheese and unloading cream from the cars. After the cream is brought up in the elevator to the third floor it is put into a chest holding 1200 jugs. We unload 20-30 tens of cream a day. Cream is coming in now from Vermont and New York."

R. B.

IT'S THE SEASON FOR STRAWBERRIES

There is a very popular dessert, "Pineapple Delicious", but why not have some variety and change from Pineapple to Strawberry Delicious, now while strawberries are in season? It is really just as simple. The recipe is as follows:

¼ lb. marshmallows

½ cup heavy cream

1 box strawberries

Cut marshmallows in four pieces, hull and wash strawberries, mix marshmallows, strawberries and chill thoroughly. Just before serving, fold in cream which has been whipped until stiff. Serves six.

This makes a very pretty dessert and is best served on Meringue Glaces, which are as follows:

4 egg whites

1¼ cup powdered sugar

or 1 cup granulated sugar.

½ t. vanilla

Beat egg whites until stiff, add very gradually 2/3 of the sugar and continue beating until mixture will hold its shape. Add flavoring then fold in remaining sugar. Shape with spoon or pastry bag and tubes on cookie sheet covered with heavy paper. Bake 50 min. or until very dry, in a very slow oven 250° F., and remove from pan.

There are various ways in which these meringues may be served. Try them topped with fresh strawberries or other fruits or ice cream with different kinds of sauces. They may also be served as tiny rosettes in the form of cookies.

No matter how you serve these I'm sure they will be your favorite dessert.

Eleanor Duffy

SENIOR LUNCHEONS

During the past months the seniors have been carrying out a program in foods classes which is interesting as well as educational.

Each senior has been hostess at a luncheon to which four guests have been invited.

Each girl set her own date and planned her menu. When her teacher had checked these, the guest problem was at hand. A member of the faculty, two schoolmates and one classmate were invited to the luncheon. A market order and a plan for work were made up and passed in next.

On the morning of the day for the luncheon the hostess checks the attendance to be sure her invited guests were present at school.

With someone she has previously chosen for a waitress, they prepare the entire meal for her guests. All this is planned systematically so that the luncheon will be ready at the appointed time.

When all is ready except a few last minute touches which she details to her waitress she leaves the kitchen and dresses to greet her guests.

Soon all are present and they go into the lunchroom, the hostess leading. The hostess serves the meal with the help of the waitress, while the hostess and her guests enjoy conversation on current subjects of interest.

The serving of the meal takes about one half hour after which the regular daily program is continued.

Rita Hitchcock

ESSEX AGGIE STUDENTS AWARDED OLD ENGLISH "E"

The Faculty Committee on Student Activities in the Agricultural Department at Essex Aggie have just announced that the following students have been awarded the Old English "E" for their participation in school activities during the year 1941-1942.

Those receiving letters are: Edwin Hyde, Nahant; William Mahoney, Salem; Richard Brown, Swampscott; Eugene Burr, Beverly; Harold Kelley, Beverly; Ralph Reynolds, Beverly; Raymond Barlow, Methuen; and Mary Carey, North Andover and Beverly Sawyer, Lynn.

Those who have received their letters a previous year have been awarded a first or second star and are: Robert Anderson, Gloucester, 1st and 2nd star; Robert Bertram, Salem, 2nd star; Edward Lynch, Lawrence, 1st star; Christos Mpelkas, Lynn, 1st star; and Priscilla Glines, Andover, 1st star.

J. T. R.

ALUMNI AND SCHOOL NOTES

Lieutenant Catherine M. Larkin, class of 1934, of the Nursing Corps, has returned to her post at Harding Field in Baton Rouge, Louisiana.

Ruth Graf, class of 1937, was married to Clement Crandell Babcock at East Matunuck, R.I., February 7. Her address is now Wakefield, Rhode Island, RFD No. 1.

Jacob Ranta '38 left the employ of the School last month and has entered the service.

John Hootor '39 has returned to his work at Groton House Farm, following an operation which confined him to the Beverly Hospital.

Paul Kent of the present student body is improving. Paul met with an accident recently and is in the Beverly Hospital.

William Hay '32 resides in Putnam, Conn., and was married on May 23 to Jessie Anderton.

Alfred Caproni '34 was married on May 2 to Ruth Hewitt Seegar of North Adams.

Major Henry Thurlow was a recent visitor at the School. The Major was visiting his home enroute from Camp Lee to a new camp in the state of Oregon.

Doris Horne

4-H CLUB EXHIBITS

Has your club had its final exhibit? Now is the time for girls to bring their winter projects to a close, and hold an exhibit. If every member completed the project 100%, it is much to their credit and the club will get a banner seal for the charter.

Up to May 25 the following club leaders have held exhibits: Mrs. Leon Jordan and Mrs. Nancy Harrison (clothing) combined for a special invitation exhibit at Mrs. Harrison's home.

Mrs. John Snyder had a clothing exhibit at the Byfield School. Mrs. Leon Jordan's two food clubs gave a demonstration-exhibit at the Haverhill Girls' Club.

Mrs. Margaret Webber and Mrs. Mildred Snell combined their conservation and clothing clubs for an exhibit at the Swampscott Visiting Nurses Ass'n.

Saugus clothing members, Mrs. Ruth Harris leader, had their awards presented at the Annual 4-H Red Rooster Banquet. Mrs. W. H. Cann of Danvers had a clothing exhibit in her home.

Other exhibits will be reported next month.

Ida B. Davis

POULTRY WINNERS

Winners in the March 4-H Egg Laying Contest those with 10-40 birds were 1st place to William Corbett, Saugus; 2nd, Joseph Saldi, Haverhill; and 3rd, Robert Poole, Rowley.

In the class of over 40 birds 1st place to Donald Lambert, Methuen; 2nd, William Tompkins, Essex and 3rd, Paul Wyeth, Essex.

COOKIES FOR PARENTS' DAY

Miss Emerson has asked the Junior classes to prepare three kinds of sugarless cookies to be served with Punch for refreshments on Parents' Day.

Post Toastie Cookies

- 1 can condensed milk
- ½ package Chocolate Bits
- 5 cups Post Toasties

Combine ingredients and drop on a greased pan from a teaspoon. Bake at 300° F.

Rice Crispie Squares

- ½ lb. marshmallows
- 1/3 cup butter
- 2 squares chocolate
- 1 package Rice Crispies
- ½ cup nuts or cocoanut

Melt marshmallows and butter in top of double boiler. Add rice crispies. Pack into a greased nine inch square tin firmly.

Spread melted chocolate on top. Cool, cut in squares.

Cocoanut Cookies

- 1 1/3 cup condensed milk
- ½ cup peanut butter
- 3 cups cocoanut

Mix all ingredients together. Drop on greased pan from teaspoon. Bake at 300° F.

Harriet M. Butman
Foods Instructor

OUTSTANDING CLUB MEMBER

With no National 4-H Camp this year, there will be an opportunity for one boy and one girl from Massachusetts to attend the leadership training camp at Camp Winwanca, near Shelby, Michigan. We have selected Allene Dozier of East Lynn to be a candidate for this scholarship.

Allene has been chosen the most outstanding 4-H Club girl in Essex County this year. She has always done outstanding work and we are proud to recommend her for the scholarship.

In her six years as a 4-H member, Allene has completed projects in Clothing, Knitting, Craft and Home Furnishing. Last year she was one of four girls of Essex County to participate in the State 4-H Style Revue. Last year also she was awarded a gold medal for Clothing Achievement. This year (June 6) she will again take part in the State-wide Style Revue.

Allene has helped at Topsfield Fair and has been a Junior Counsellor at Camp Leslie. She is always ready for work, does more than her share to help out. She believes that what is worth doing at all is worth doing well, and this has resulted in consistently superior results.

For the past two years Allene has led a Craft Club of boys and girls. At the present time she is a student at Burdett College.

Much credit for Allene's success goes to her mother, Mrs. Watt Dozier, who has been her club leader and has guided her in her work.

I. D. B.

FOOD FOR AMERICANS

In these times much is taught us concerning the need of special amounts of proteins, fats, carbohydrates, minerals, water and vitamins to keep our bodies fit. Likewise there is a need for the same instructions Generalissimo Chiang Kai-shek gave his son Ching-kuo, in order to keep the mind and actions of the body fit.

1. Master your environment.
2. Self-satisfaction inevitably leads to failure. Keep a humble attitude in order to learn from even a child.

3. Create your own world empty-handed, for that is the way of a man of character.

4. Correct your own defect instead of criticizing others.

5. People see through falsehood.

6. Sincerity is the secret of a successful life.

7. Just as a coat is grasped by the collar before hanging it, so when many problems arise, act upon the most essential points.

8. Be persistent and patient.

9. The spirit is omnipotent, not money.

10. A frequent self-examination is necessary.

1. Have I been true to my own conscience?

2. Have I been filial to my parents?

3. Have I been loyal to my country?

11. Fight to the front as a soldier or be a productive farmer at the rear.

12. Be willing to become one of the untold number of sand particles that go to build the road of success."

Credit is due to "What My Father Taught Me" by Chiang Ching-Kuo, Boston Herald.

H. M. B.

SUMMER PROJECTS

About this time of the year the girls in the Homemaking Department begin to think about their work for summer projects.

Many applications have come in from various institutions, tea rooms and private homes which employ girls along the lines of food, clothing, child care and house care. Some of the girls will leave school early in order to start their projects and meet their employer's demands, while others will not start work until school closes. These summer projects are required.

If any girl's work is not satisfactorily done she does not pass home project work for that year; however, if she is a senior or a high school graduate she doesn't graduate with her class.

After the summer projects are done, a report must be written and given to the home project teacher.

Marjorie Pierce

U. S. D. A. WAR BOARD WILL ASSIST LOCAL FARMERS

The Essex County U. S. D. A. War Board with Harry Cole of West Boxford as chairman will meet regularly every second Monday evening of each month at 8 P. M. in the County Agent's office, Essex County Agricultural School, Hathorne.

This War Board consists of Agents of the U. S. Department of Agriculture and other government agencies operating in Essex County: Archer Pierce, Peabody, Farm Credit Administration; Joseph North, Concord Production Credit Ass'n.; Frank Fuller of the U. S. Forestry Service; Walter Lewis, Lowell, of the Farm Security Administration; Harry L. Cole, West Boxford, chairman of the AAA Committee; and Francis C. Smith of the Extension Service.

Other representatives of local agencies are: John L. Carten, Jr., of Peabody for the Dairy interests and President of the Essex County Farm Bureau; Arthur Moore, Peabody for Poultry; Wilfred Martel, Ipswich, chairman of the Essex County Rural War Action Committee; Lester Tompkins, Essex, the State Dept. of Agriculture; Thomas Skahan, Saugus, chairman of sub committee on Farm Labor; Clyde Hennigar, Danvers, representing the Grange; Gilbert Wallace, Bradford, fruit; and Director Harold A. Mostrom, Danvers, director of the Essex County Agricultural School.

This War Board has submitted a statement of labor needs to each draft board in Essex County.

1. Farmers who find it impossible to secure the equipment or hardware from their local dealer not due to lack of priority should contact the War Board through its Secretary, the County Agent.

2. New Farm Construction on which priority is needed must function through the County U. S. D. A. War Board. Pd-200 forms are at the County office for the asking.

3. Parts for milk cooling equipment, tractor parts, etc., require priority rating. When a local dealer can not handle the problem, refer to the U. S. D. A. War Board for its approval and action.

4. The County Board will act where it can, or refer to the State U. S. D. A. War Board.

NEW COURSES OFFERED

(Continued from page 1, col. 3)

The subjects included will be foods, invalid cooking, tray service, nutrition, house care, home nursing, personal hygiene, first aid, and simple clothing problems. This course has been planned in cooperation with some of the hospitals in Essex County.

Candidates for this course must be high school graduates or equivalent of a high school. A personal interview is required before a student is enrolled.

Further information may be obtained by writing to the School.

FUEL FOR VICTORY

The Essex County Forestry committee is cooperating with the Town Fuel Wood Chairmen and has secured a list of cooperating woodlot owners who will permit cutting of fuelwood on a share basis under supervision.

Wood should be cut now and seasoning for use next winter to give highest fuel value. A list of town fuelwood chairmen follows: Amesbury, James A. Jackson; Andover, Sidney P. White; Beverly, Arthur F. Thompson; Boxford, Clarence E. Brown; Danvers, Stafford N. Hennigar; Gloucester, Charles T. Heberle, Jr.; Groveland, Philip N. Martino; Hamilton, Bey Meyer; Haverhill, Michael Fitzgerald; Ipswich, Wallace Lathrop; Lawrence, John J. Cronin; Manchester, Dominick Flatley; Marblehead, Loring E. Clark; Methuen, James Stanley; Middleton, Albert A. Sheldon; Newbury, Irving C. Little; Newburyport, James J. Duggan; North Andover, Arthur Farnham; Peabody, Charles Reynolds; Salem, Harry Fickering; Wenham, Louis Dodge; West Newbury, Albert H. Beckford.

A total of 1227 acres of woodland has been submitted in 17 towns for cutting on a share basis.

For further information contact Calton O. Cartwright, Secretary of the Essex County Forestry Committee, Hathorne, Mass.

POISON BAIT FOR CUT WORMS

In certain sections of Essex County the cut worms are numerous this year and many reports of the damage caused by them have been called to the attention of the School.

In setting out tomato plants the use of collars is being recommended for the home gardeners. For those who wish to use poison bait the School recommends the following formula.

Formula

1 peck Bran
¼ lb. Paris Green
1 pint Molasses
1 gal. Water (about)

Mix bran and Paris Green, dry. Dissolve molasses in water. Then combine.

Apply fresh when seeds are sprouting or just before and at the same time plants are transplanted.

If necessary apply 3 times before June 15.

The poison bait is set in a depression on the ground and covered with ½ inch mesh wire screening held down with two spikes. This is necessary so that birds and house pets will not eat the poisoned bran.

J. F. Gallant
Science Instructor

GARDEN CHAT

You may have heard something like this recently: "John has his victory garden all planted", said Mrs. Brown; and Mrs. Jones replied, "Yes, so has Bill, and his crops are all up in good shape and we can't wait 'till we can cut a nice head of lettuce, or pick some fresh string beans or tomatoes".

Do not stop there and just wait for those nice crops to get ready for harvesting by sitting back. The next weeks ahead are most important. Do not let those weeds get large before you pull them. Go right after them while they are small and push them out so that they will never root again. They are fifth columnists in one way, as they are robbing the plants of valuable plant foods you desire to mature. If thinning is necessary, now is the time to do that when you are pulling out the weeds. Use your hoe or shove hoe as far as possible to reduce hard weeding and then drop down on all fours and go after the weeds. It may be hard on your knees but when they begin to ache don't give up and let the weeds or the enemy get the best of you. Remember the fresh tomatoes and nice carrots that are coming in a few weeks.

Then, there are other fifth columnists just waiting for your beans to get tall enough or your tomatoes to be set out or the cukes to come up, etc. In other words, I'm referring to those destructive insects and diseases that account for annually millions of dollars worth of destroyed crops. Much of this waste can be stopped if sprays or dusts could be applied at the proper time.

Flea beetles are very plentiful on potatoes, tomatoes, turnips, radish, eggplants and even on rhubarb leaves. These small black beetles can be found primarily on the under side of the leaves and being a chewing insect can be controlled by a stomach poison of arsenate of lead or paris green. Potato bugs, cucumber beetles, asparagus beetles are all treated with the same method. Mix 2 level teaspoonsful of lead arsenate to a gallon of water. Bordeaux mixture 2-2-50 should be added to this for later applications and when there is danger from blight damage.

Cabbage maggots are serious this year. If they are troubling your plants you will note severe wilting of the plants. It is too late to do any controlling of them this year. They do not trouble the late crops.

If you can purchase rotenone or derris products you had better get some for bean beetles. There is definitely a shortage of this product.

Crops will be coming along soon. Let us eat all we can of these fresh products and just fill up on vitamins. Then if we have surpluses don't let them go to waste. Give them to your neighbors and friends or can as much as possible for next winter. If you haven't canned products before, contact the Home Demonstration Agent at the School for proper instructions.

C. M. Stearns



4-H Club Notes



4-H CANNING

If you have enrolled in the food preservation project this summer you are pledging yourself to do a good job canning. You can do your bit to help your country in its fight for Victory by preserving food for home use.

There are many reasons for canning, especially this year. Every pint jar that you put up will mean that a can of similar food can be released for war use. The more jars you fill for your home shelves the more vegetables and fruits you will have next winter. This will mean better nutrition for your family.

Your job is as follows:

1. Select one of the programs of requirements in the canning leaflet.

2. Do more than is required of you, especially of vegetables and fruits. (You may have to give up a few swims but think of the men in the armed forces and all the things that they are giving up.)

3. You may omit the making of jams and jellies and substitute vegetables and fruits.

4. Do not waste any food. Preserve it all.

5. Help your mother with her canning. If you really share equally in doing all the work, you may count one-half of the amount done as yours.

6. Keep your record card up-to-date by adding the jars you can each time you can.

Goal --- Every jar on every shelf in every home filled with vegetables and fruits in 1942.

Enroll Now !! Write to the County office for information.

RED ROOSTER CLUB

Paul Corson, 4-H leader in Saugus planned a very fine program for the annual banquet held on May 19 in Saugus. Over 200 people attended the event. Awards were presented to the three poultry clubs which completed their work 100%. Mr. E. H. Stedman, George Hoffman and Paul Corson are the leaders of these clubs. A girls' knitting club lead by Mrs. Harris were also presented their awards.

Mr. Horace Jones, 4-H State Leader was the guest speaker. This was Mr. Jones first visit to Essex County.

Mr. Earle Nodine, Assistant State Leader was also present and presented a loving cup to Boyd Berret. This cup was given by the New England Poultryman for the best bird in the 4-H exhibit at the Boston Poultry Show.

NEW NATIONAL

4-H GARDEN CONTEST

A new national 4-H Garden contest is being sponsored by Sears and Roebuck Co., through the National Committee on Boys and Girls Club Work. Four \$25 Defense Bonds will be awarded to four outstanding garden club members in the state. There will also be two trips to the National 4-H Club Congress in 1942. These will be awarded to the two sectional winners and eight \$100 Defense Bonds will be awarded to the eight National winners.

Here is something for older 4-H garden club members to work for. Will Essex County Gardeners be among the winners?

Faithful work, determination to win, good records and good growing weather all enter in. Let's have some real gardens 4-H members!

Byron Colby

DAIRY JUDGING CONTEST

On April 25, Mr. Dudley Rogers of Wethersfield Farm, Danvers, was host to 47 Dairy club members from Middlesex and Essex Counties. Six classes of Guernseys were judged. Mr. Horace Clark of Meredith Farm was official judge.

Those present enjoyed a fine lunch put on by Mr. Rogers. About 20 adults also attended the affair, among them the Secretary of the Guernsey Breeders Association. Several 4-H Dairy leaders, Ralph Woodworth of West Newbury and Oren Parsons, Ipswich attended.

The Essex County Dairy members had only five absent and these were busy working on the home farms.

Separate prizes were awarded to the Middlesex and Essex County 4-H members. The Guernsey Cattle Club of Peterborough, N. H., gave ribbons and two beautiful colored plaques for the two best judges of the day, one from each county.

Charles Savage of Newbury was the high judge from Essex County, followed by Robert Hicks of Wenham, Gerald Chadwick, West Boxford, Allstaire Gouzie, Wenham, Clyde Wood, Ipswich and Herbert Little, Newbury. Charles Savage was high scorer of the day and Robert Hicks only one point behind. A trip to Hood's Cherry Hill Farm, Beverly was also enjoyed.

GIRLS TO COMPETE AT STATE GIRLS' DAY

Five girls from Essex County will compete at the State Girls' Day on June 6, they are Louise Cavannah, Gertrude Hibbert, Allene Dozier, Gemma DiLisio and Dorothy Abbott will be the alternate.

GIRLS' DAY WINNERS

The annual 4-H Girls' Day was held on May 9 in the Homemaking building. In spite of the lack of transportation about 200 attended the afternoon program which consisted of demonstrations, style revue, a play and several short talks by Director Mostrom, Miss Tena Bishop of the State Office, and Mr. Colby of the County office.

Lack of space in this paper prohibits us from going into detail of the program.

The winners of blue ribbons were Florence Merrill, Muriel Holt, Marilyn Dean, Barbara Heathcock, Georgetown; Thelma Lindsay, Loretta McPhee, Jean Bolduc, Danvers; Betty Wood, Elizabeth Langley, Gertrude Hibbert, Groveland; Ruth Canty, Elizabeth Cronin, Barbara Low, Virginia Nelson, Louise Cavannah, Beverly; Gemma DiLisio, Rose Gamale, Swampscott; Glenna Draper, Dorothy Abbott, Andover; and Allene Dozier, East Lynn.

Girls who won in the judging contests were Marian Anderson of Lynn, first place; second place to Antoinette Maglio, Beverly; third place to Lillian Lovely, Andover.

The winners of the food demonstration were Mary Shea and Dorothy Williams both of Beverly.

FARM ACCOUNTING CONTEST WINNER

Merton Chouinard of Hopkinton, winner in the Northeastern section of the United States in the Farm Accounting Contest is a Middlesex County 4-H boy who has been in club work nine years. His flock of 215 laying birds averaged 211 eggs per bird in 1941. He also raised 1000 baby chicks and sold over 2,000 pounds of broilers in 1941. He made a net profit of \$500 on his project last year.

Merton Chouinard wins a \$200 scholarship and a free trip to Chicago for his fine work. He plans to enter Mass. State College this fall.

SALVAGE FOR VICTORY

Many Danvers townfolk turned out to see a pageant "Spirit of '76 carries on in 1942", in the Salvage for Victory Campaign, Saturday afternoon, May 23. Different club groups were represented and each showed how it was contributing to the war effort. 4-H Club members in attendance gave the Club pledge and sang the State Club Song.

In charge of the program was Mrs. Arvid Molitor a former active 4-H leader.

ESSEX FARMER AND HOMEMAKER

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NO. 7

Entered as a second-class matter, May 28, 1919, at the Post Office at Hathorne, Mass., under the Acts of August 24, 1912.

Salads

Can you think of anything that is more appetizing than an attractive salad on a hot day? Salads can be a grand success or a dismal disappointment.

The most popular salad green is lettuce, but romaine, endive both French and curly, escarole, chicory, watercress, and cabbage are acceptable variations.

The right dressing adds flavor and tastiness that makes the salad palatable, appetizing, zestful and enjoyable.

Dressings are of three types, French, mayonnaise and cooked.

French dressing is made from oil, acid usually vinegar or lemon juice and seasonings.

Mayonnaise consists of vegetable oil, vinegar or lemon juice, egg yolk or whole egg, seasonings including salt, sugar and spices.

Cooked dressing is made from water or milk thickened with starch, egg or both, seasonings, an acid and butter.

Summer Salad Bowl

- 1 bunch radishes
- 1 head lettuce
- 1 bunch spring onions
- 3 stalks celery
- 1 cucumber
- 1 tomato

Cut in small slices, onions, radishes, celery and cucumber. Combine and mix thoroughly with dressing. Cut lettuce in slices and arrange in bottom of large salad bowl. Arrange first mixture on the lettuce and add tomatoes cut in pieces. Half slices of tomato around the edge of the plate would be attractive.

Fruit Salad

- 1 cup dates
 - 1 tablespoon lemon juice
 - 1 pear, 1 apple
 - ½ cup shredded cocoanut
 - 1 tablespoon orange juice
- Dice pear, apple and dates and mix with lemon and orange juice. Sprinkle with shredded cocoanut and serve on lettuce leaves.

Bean Basket

- 4 tomatoes
 - 1½ cups cooked lima beans
 - 1 tablespoon parsley, salt and pepper
 - 4 strips crisp bacon, chopped fine
 - 1 small onion, grated
 - 2 tablespoons minced celery
- Cut a slice from the top of each tomato and with a teaspoon remove the pulp. To the beans add onion, parsley, bacon, celery and seasoning. Add a little dressing, fill the tomatoes with the mixture. Pour more dressing over salad. Cut strips of tomato for handles.

Eleanor Duff
Virginia Ayles

Canning Demonstrations

Miss Ruth Weld, Assistant Specialist in Horticulture Manufactures, is in Essex County organizing the canning demonstrations to be held in the various cities and towns. As we go to press a number of these meetings have been held and the following are scheduled:

- July 10, 2:30 P.M. Unitarian Parish House, Beverly.
- July 13, 7:00 P.M. Homemaking Bldg. Essex Aggie.
- July 14, 2:30 P.M. Town Hall, Middleton.
- July 15, 8:00 P.M. St. Clare House, 241 Jackson Street, Lawrence.
- July 20, 2:30 P.M. Town Hall, Lynnfield Center.
- July 22, 2:30 P.M. Grange Hall, Georgetown.
- Aug. 4, 2:30 P.M. West Parish Vestry, Andover.
- Aug. 5, 2:30 P.M. Parker Hall, Newbury.

Some member of Prof. William R. Cole's staff at the State College will be present and demonstrate the new methods of canning fruits and vegetables. These meetings are open to any one in the city or town who is interested in learning the latest methods.

The slogan is "Every jar in every home filled by fall and nothing wasted from the gardens".

For further information write to Miss Ruth U. Weld, Hathorne, Mass.

TOPSFIELD FAIR

As we go to print plans are still progressing for the Topsfield Fair to be held September 9-13.

The staff at the School has held several meetings to plan for their displays at the Fair.

Mr. Colby, County 4-H Club Agent, says that the 4-H premium lists will be out soon. He urges the 4-H members to watch for it and study it and then make entries for a real 4-H exhibit.

CLOVER FARM ACQUIRES BULL OF NOTE

Carnation Governor Vieman Inka No. 748611 has been purchased by Mr. John Bolten of Clover Farm, Andover. This bull comes to Essex County from Sylvania, Washington and has a long pedigree.

Mr. Bolten had the cooperation of the Extension Service with County Agent Smith, Dairy Instructor Kenneth Forman and Farm Foreman William Abbott in locating this bull. The services of this bull will be available to the better dairy farms in the county.

How To Keep Cool

When your nose shines, your collar wilts, and your temper flares, take this method of keeping cool.

When the top blows off the thermometer, and the whole world has an elevated temperature up to 100° in the shade, what do you do? The next two months are going to be hot; always have been, and always will be, until somebody air conditions our half of the planet. So your cue is to outwit Old Man Weather and make the mercury look like a fake. Here is a quick review of some hot weather hints.

Man's great friend in hot weather is water; take it as you will, internally or externally.

The body is nature's most perfect heat regulator; hundreds of glands work overtime to keep your temperature normal, no matter what the sun does. This is accomplished by means of water, by perspiration and evaporation, by swift and complex changes in the body's water balance.

This means that your hot-weather happiness depends on how you use water.

(Continued on page 2, col. 1)

ATTENTION APPLE GROWERS

The National Food and Drug Administration has recently announced that rotten wormy or otherwise unclean apples must be entirely discarded and eliminated from use in making any product shipped interstate for human consumption. Vinegar, apple juice, cider or anything else made for food use must be made from fruit that will not violate this food and drug law.

JUNIOR A DIVISION

The Junior A Division in the Home-making Department was given very interesting talks on the Storage of Vegetables, The Care and Inspection of Milk and The Care and Inspection of Eggs by Instructors Stearns, Eastwood and Bennett of the Agricultural Department. The girls wish to thank these gentlemen for their kindness in giving their time.

H.M.B.

BABY KID SHOW JULY 12

The Essex County Milk Goat Breeders' Association will hold their annual Baby Kid Show at the Essex County Agricultural School on Sunday afternoon July 12 at 2 P. M. The public is invited to attend.

Essex Farmer and Homemaker

HATHORNE, MASS.

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HOW TO KEEP COOL

(Continued from page 1, col. 3)

Take the problem of drinks for instance; much body fluid is lost in perspiration which evaporates to cool the body. This water must be replaced by frequent intake. With the loss of water, there is also loss of mineral salts. Therefore an increase in salt intake is indicated in summer for all normal people.

Plan your summer drinks on the basis of this knowledge. Since it is the fluid, not the ice, which is going to keep you cool don't overdo the ice cubes.

Use fruit juices, keep away from dehydrating foods. Get an increase salt intake, through the use of more salt in the diet. Fruit juices have the extra advantage of vitamins and nourishment to add to their long, cool effects. Serve them often, with and in-between meals.

A high water content in foods is also physiologically sound. Use plenty of fruits in every form: salads, desserts, gelatine dishes and the watery vegetables. Make all your dishes look cool. So much for water internally.

Water externally, can produce almost any effect you wish. Try tepid baths in hot weather, as a change from icy cold ones. Second only to water in cheapness and availability for summer coolness is air. Plenty of it is the rule, but properly controlled as to temperature and direction. Moving air evaporates perspiration more quickly than still air, cools the body more effectively.

Shun heavy perfumes in small rooms. Use fresh, clean odors if any, and use them sparingly.

With the proper use of nature's resources of air and water, you only need one more thing to make your summer a success. A cool mental attitude toward Old Man Weather, and Don't Look at the Thermometer.

Mary E. Roundy, R. N.

POISON IVY ERADICATION

Poison Ivy plants are difficult to destroy, and in undertaking their eradication it should be borne in mind that the tops arise from creeping underground stems which spread in all directions a few inches below the soil surface, and from these stems, new branches or shoots arise at frequent intervals.

Of the various weed-killing chemicals that may be used for killing poison ivy common salt and oils are easily obtained and fairly effective. If all the leaves can be reached by the solution, one of the most useful methods of killing the leaves and fine stems of poison ivy is to spray them with saturated salt solution. The advantage of this method is that contact with the plant can be avoided. The spray solution is prepared by adding about three pounds of common salt to a gallon of slightly soapy water. The spray should be applied as a fine driving mist, using an air-pressure sprayer. Small, inexpensive hand sprayers suitable for this work are on the market.

The first spraying is most effective if done not later than the end of June. As one spraying will not kill the main stems and roots, the plants should be sprayed again as soon as the new leaves are about full grown. Sometimes three more sprayings are required. If the spray is applied at frequent intervals the poison ivy will gradually disappear, since underground stems are dependent upon leaves for food and will die without them.

Weed-killing chemicals that will kill poison ivy plants may be expected to injure or kill other plants also, if applied to them in sufficient quantity. Therefore in applying salt solution to poison ivy growing near valuable trees or shrubs, the safest plan is to apply only enough of the spray to wet the foliage of the poison ivy. If the soil is drenched with salt solution injury to the soil, grass and shallow roots of valuable plants may be expected.

On the other hand, if poison ivy vines are found on fence posts far removed from valuable trees or shrubs, where damage to the soil around the bases of the posts is unimportant, the vines may be killed by cutting them below the surface of the ground and saturating the soil around the bases of the plants with brine. The treatment should be repeated if necessary.

Crank-case oil, thinned with kerosene until it sprays easily and applied like the salt solution is also effective in killing poison ivy and perhaps more effective than salt for late-season defoliation. Oils should not be used where they are likely to come in contact with the bark of valuable trees.

If willing workmen can be obtained and if the expense is justified the most satisfactory and effective way to destroy small isolated clumps of poison ivy plants is to pull or grub them out, provision being made to go over the ground again at intervals of a few weeks until no more sprouts appear from root fragments.

BUCK RAKES NOT PRACTICAL IN NEW ENGLAND

According to Prof. W. C. Harrington, Extension Agricultural Engineer at the State College, "Sweep rakes and bucks are common in Western States and may be purchased or homemade. They function chiefly in areas where stacks are constructed in the hayfield itself. In other words, the distance that the hay is transported on a buck or rake must be small.

In the Eastern States where hay is stored in the barns this method of transportation is not economical. The International Harvester Co. manufacture two sweep rakes with sulkies. If the sulky is eliminated there is no reason why a farmer could not construct a rake himself. About two years ago I looked up considerable material on this subject but no one considered these devices practical for New England. So far as we can see, it does not reduce the total amount of labor required to harvest and store a ton of hay."

IS SAWDUST ACID?

Prof. Donaldson reports Rhode Island bulletin No. 251 that three plots of land for 18 years received the following bedding material:

1. Manure and sawdust.
2. Manure and straw.
3. Chemical fertilizers.

Equivalent amounts of lime were applied to all plots. Sawdust or shavings were applied to plot 1 at rate of 39 tons per acre; 25 tons were applied during the past 9 years. Twenty two tons of straw were used on plot 2. These plots have received 218 and 244 tons of manure respectively.

Recent acidity tests of soil show plot 1 was pH 6.5; plot 2, pH 6.49 and plot 3, pH 7. This evidence shows that sawdust does NOT tend to acidify the soil more than straw.

Francis C. Smith
County Agricultural Agent

NEW MERRIMAC CLUB

A new 4-H Agricultural club has been organized in Merrimac. The club is led by Mrs. L. Foster Powers of Merrimacport. The club includes dairy members, a swine member, garden members, poultry and goat members. The club is raising Food for Freedom.

A new herbicide has recently been introduced to the trade by a large and well-known chemical company, and seems to be very effective.

Herbicides can be purchased from most hardware stores.

James F. Gallant

STAY-AT-HOME SUMMER

What to do these summer evenings? Because this is to be a stay-at-home summer, we are going to learn so much about our families and more about our own capabilities. It is going to be a problem, one which, if we leave it, will leave us, dissatisfied. But if we tackle it we can find fun and happiness. It is easy to plan for the crowd because the crowd always seems to create its own fun. But when Dad wants to read the paper, Mother is still ironing and Buddy is wrapt in the tales of "Superman", the evening looks hopeless. It is hopeless if you sit helpless.

Most games require one or more partners, so if the family is in a reticent mood, then games will not be the answer. Of course there is a plan of approach. A cook-out for the family seems to give the menfolks enormous appetites and lots of pep (the newspaper is soon forgotten). Even mother forgets about dishes and ironing. Somehow, everyone is anxious to help, before long the meal is done and over. This, then is the time for fun and games; fragrant food and the cooling air have spread their magic.

Of course one can't cook-out every evening else the magic is worn away. Again, there seems to be "nothing to do". There may be only a patch of ground with a few scraggly flowers and a luxurious growth of weeds, but wonderful things can be done in helping the flowers outgrow the weeds. It can lead to interesting things about soil, insects or plant life.

For those who like to walk alone, that is, really walk, amateur photography offers a variety of interests. Some excellent photographs have been taken with the simplest apparatus. Gradually there develops a sense of light and dark, design and composition but finer still is the fun you have seeking out that which you never really saw before, yet was there all the time.

There are evenings of relaxation after a hot day when we so want to be cool but never idle. Here lie the possibilities of simple crafts. There are many and various kinds, expensive and inexpensive but this year we are conscious of conservation of material. Interesting yarn boxes can be made by lining an oatmeal box and cover with colored construction paper, then covering the outside with gaily designed wall paper. A small hole punched in the cover can be trimmed with a circle on each side, the color of the lining, and punched to fit the cover opening leaving an outlet for the strands of yarn. Many colored strands of coarse string are braided in the desired length and thickness, then inserted through punched openings in the sides of the box, fastened on the inside with a rough knot and then become the handles.

Ends of cretonne, a yard or more in length, can be used in working out interesting shapes for roomy shopping bags. A lining, harmonious with the color of the bag, gives a more finished article. Wooden handles, cloth handles or a drawstring, may be used to fasten the bag. Scraps of oilcloth make attractive duster holders, bound with

INEXPENSIVE SANDWICHES FOR HOT WEATHER

Highly decorative sandwiches are something which may be very tempting in the hot weather for afternoon teas and light lunches. These sandwiches may be just plain shapes or may be cut into fancy shapes such as squares, circles or triangles.

One ingredient which is quite inexpensive is cream cheese. There are many variations of cream cheese such as:

1. Cream Cheese and Olives.
2. Cream Cheese and Jelly, Jam or Marmalade.
3. Cream Cheese and Honey and Orange Rind.

(1 tablespoon each honey and orange rind to 1 package cream cheese.)

4. Cream Cheese and Crushed Pine-apple.

5. Cream Cheese and Preserved Ginger.

6. Cream Cheese and Tomato.

1 cream cheese, 2 or 3 ripe tomatoes, 3 stuffed olives, 1 raw carrot, mayonnaise, salt.

Put carrot and olives through food chopper and mix with cheese. Spread on side of buttered bread. Lay on a thin slice of tomato and cover with another slice of bread.

7. Cream Cheese and Egg.

½ lb. cream cheese, 3 hard cooked eggs, 1 pickle, 1 cup chopped pecans, ½ cup cooked salad dressing, salt.

Chop pickle fine and combine with other ingredients. Spread bread (white or dark). These sandwiches may be decorated with sliced stuffed olives, pimiento, green pepper, nut meats, hard cooked eggs, candied cherries or orange.

Another type of sandwich which is inexpensive would be those made with an egg base. There are many varieties of egg such as:

- Egg and Walnut
- Egg and Celery or green pepper
- Egg and Crabmeat
- Egg and Olive or Pickle
- Egg and Bacon
- Egg and Cheese
- Egg and Sardines

If you haven't the gasoline to go picnicking this summer, don't feel that you can't enjoy yourself. Making these sandwiches and eating them in the backyard may prove very enjoyable.

Marjorie Pierce

GARDEN CHAT

Keep the hoe or cultivator moving after the weeds in the garden. At the same time you are conserving moisture by making a mulch of loose soil which stops evaporation of moisture from the soil to the air. The presence of this moisture in the soil supplies not only water for the needs of the plant but helps to assimilate plant food or places it in a condition which plants can use. Hoeing also aerates the soil and gets fresh air eventually to the roots which is beneficial.

Are you trellising tomatoes this year? The plants should be gone over at least every ten days and remove all lateral growths coming out between the main leader or stem, and the leaves. Only the main leader and one strong healthy lateral (usually the one just below the first blossom spur) should be allowed to develop. Lawn mowings or cut hay should be applied over the ground about these plants as a mulch, about four inches thick. This mulch accomplishes several purposes: keeps weed growth down, conserves moisture, causes less cracking of fruit, and keeps the fruit cleaner.

Bordeaux spray or dust should be in common use on potatoes, tomatoes, cucumbers, squash, egg plants and celery from now on for that serious disease Blight. In the form of a dust one should be using a 20-80 copper dust or as a spray 2-2-50 Bordeaux — Apply the first thing in the morning or after supper at night, if you are using the dust, when there is quite a little dampness on the foliage to help the particles of dust to stick. If Blight is not very serious the 2-2-50 should take care of the situation during July. In case of much rain and dampness probably a 4-4-50 would be better.

Many calls have come in for bean beetle control. Any form of sprays or dust containing Rotenone cube or derris root, or pyrethrum should control the Mexican bean beetle. Follow instructions on the package and apply on under side of leaves as far as possible where the beetles are feeding.

Flee beetles have been very serious this spring. There may be another infestation during August. If so, be ready with some form of arsenate, either as a spray or a dust and add to your Bordeaux. If these black beetles should return as a second brood we may look for a more serious attack of blight. Be Prepared!

Many people are not using the tops from beets as greens. This is wasteful as there are lots of vitamins in these tops and should be conserved as food. Plan to eat many of your fresh vegetables in the raw salads to benefit from the full food value of these crops. Use spinach, endive, cabbage, carrots, onions, etc., in the raw state to receive all the vitamins which they offer.

C. M. Stearns

bias with the letters cut out of contrasting oilcloth and lightly stitched across the front. Other possibilities might be string bags, door stops made with a can of sand as a base, covered and decorated with oilcloth flowers, or luncheon sets decorated with simple designs or cutouts in contrasting colors and glued to the placemat.

These are mere suggestions but it appears that our stay-at-home summer will offer plenty of opportunity for fun and good times.

Helen A. Melanson
Apprentice Teacher



4-H Club Notes



CAMP LESLIE STAFF July 5 - Aug. 9

Director, James Boynton, Georgetown
Craft, Miss Helen Melanson, No. Quincy
Asst. Craft, Miss Shirley Lister, Methuen
Lifeguard, Frank Corning, Beverly
Cook, Mrs. Florence Croft, Danvers
Asst. Cook, Miss Margaret Purcell,
Lawrence

Nature, Willard Smith, Wenham
Asst. Nature, Albert Marzerka, Danvers
Music, Miss Lois Thurlow, Danvers
Nurse, Miss Ethel Webb, Danvers
Bugler, Roger Merrow, Beverly

4-H leaders will also be in camp as
counsellors nearly every week. Mrs.
Leon Jordan of Groveland will be at the
camp the first week Mrs. G. Richard
Abbott, Andover the third week and
Mrs. Irene Dantos, Andover the last two
weeks.

A 4-H Camp Leslie Day includes Flag
raising, First Aid, Nature study, Swim-
ming, Boating and Canoeing, Crafts
and Hobbies, Games and Recreation,
Tribe meetings, Canteen, Rest hour,
Flag lowering, and Campfire.

Wednesday night is stunt night at the
camp. Each cabin puts on a stunt and
prizes are awarded to the winners. If
time permits, a sound movie terminates
the program.

Saturday nights a Candlelight service
is held with a very impressive ceremony
developed around an Indian Legend
called The Firebringer. Parents of
campers usually enjoy coming to the
Wednesday and Saturday programs.

If there are any 4-H Club members
who wish to attend camp the last two
weeks July 26-Aug. 9, they should make
application immediately and if there are
openings, they will be admitted.

SWINE NOTES

Mr. Harley Leland assistant state club
leader was in Essex County June 10 and
11. Around 30 home visits were made
with the Club Agent on 4-H Swine mem-
bers. Time did not permit seeing all
projects. We missed projects in Rock-
port, Gloucester, Ipswich, Byfield, Salis-
bury and Boxford. We saw some very
fine projects and some which needed
improvements. Most members needed
to make arrangements for their pigs to
get some fresh water daily. Of course
pigs like grass too and should be given
an opportunity to get on sod ground
where room is available.

A good many 4-H swine projects were
planned around an idea of home food
supply. Generally where 2 pigs were
kept one was for home food supply and
the other would be sold. That is very
good planning as pork prices are high.

4-H CLUB REPORTS

Many club girls have written reports
of their work during the past year. Here
are two fine examples.

"During the past year the girls have
accomplished much, not only have we
learned to knit but also how to crochet,
sew and garden work. Some of the
girls got awards for knitting, stocking
darn and designing. We had a banner
club this year. One Tea Party was
held in order to raise money to help the
girls go to camp. Over 2000 pounds of
paper were collected by the girls. One
of the girls was selected to go to
Amherst this summer. Most of the
girls are going to 4-H Camp Leslie. All
the girls attended the Red Rooster ban-
quet at Chickland. A basket was given
at Christmas."

June Rafuse

The above club is led by Mrs. Ruth
Harris and is called the Goldenite Club
of Saugus. (Ed. note).

Report of 4-H Work

I have been with the "4-H Handy
Maid" ever since a club has been start-
ed in Rockport. It has been an inter-
esting experience. I have learned
many things while with the club such as
follows: saving the liquids from vege-
tables after cooking to use in chowder
and soups. When measuring dry in-
gredients to level the spoon or cup with
a knife. How to find a certain measur-
ment of shortening as butter or lard by
filling a cup two-thirds full of water and
put in the ingredient until the water
rises to the top. What a well balanced
meal should contain, each meal should
contain milk in either a dessert or a
part of the meal. One should use stand-
ard utensils. Sift flour before measur-
ing. Good cooking equipment should be
used. Another great importance is to
keep the oven at same temperature as
called for in the recipe. It is most
important for a girl to be happy and
cheerful while at her work. It has been
very interesting to belong to the 4-H
club and I think most girls would enjoy
it also.

Barbara Landergren, Rockport

EGG LAYING CONTEST

Small flock 10-40 birds

	Eggs per bird
1st. Walter Jewett, Ipswich	25.6
2nd. Carl Peterson, Middleton	24.5
3rd. George Combe, Saugus	20.3
3rd. Joseph Soldi, Haverhill	20.3

Large Flock 40 birds and over

1st. Donald Lambert, Methuen	26.5
2nd. Robert Skeele, Rowley	24.8
3rd. Paul Wyeth, Essex	23.0

BOSTON HORTICULTURAL SHOW

August 27 and 28

The Boston Horticultural Show will
be held August 27 and 28. This show
offers fine premiums for vegetables,
flowers and canning. This exhibit is
statewide, and is entirely for young peo-
ple. 4-H members should plan now to
exhibit at the Boston Horticultural
Show.

STATE GIRLS' DAY WINNERS

The following girls were among the
winners at the State Girls' Day: Excel-
lent in clothing to Louise Cavannah,
Beverly and Dorothy Abbott, Andover;
Very Good to Gertrude Hibbert, Grove-
land; Allene Dozier, Lynn, Gemma
DiLisio, Swampscott.

Allene received Excellent for her
renovated coat. Very Good was award-
ed to June Rafuse and Ruth Scannell,
Saugus, for their work in Dress Design.

DIRECTORS MEET AT CAMP

The Directors of Camp Leslie met at
the camp on Tuesday June 9 for supper
and business meeting. Mr. James Boyn-
ton of Georgetown who is to be the Di-
rector of Camp this season was present
and helped in the making of plans for
the coming weeks.

One of the things planned to do be-
fore camp opens is the installing of a
new water heater and an additional tank
for hot water.

The chimney is to be fixed so that
there may be fires in the fireplace minus
the smoke of past years.

The other business was routine items
and it was reported that the camp had
been let for a number of picnics to
groups before the 4-H'ers take over and
there are some dates open after the clos-
ing camp. The Directors plan to hold
one meeting at Camp while it is in ses-
sion.

Those responsible for the supper were
Mrs. Charles F. Ropes, Miss Ida B. Davis,
Mrs. Byron Colby, Miss Hilda Fitzgerald
and Miss Madeleine R. Torrey.

STATE CAMP DELEGATES

The following 4-H club members have
been chosen to attend the State Camp
from Essex County this year: Betty
Grimes, Danvers; Dorothy Abbott, An-
dover; Patricia Maquire, Methuen; Ruth
Scannell, Saugus; Betty Mallaly, Bev-
erly; William Hayman, North Andover;
Arthur Thurston, Rockport; Charles
Savage, Newbury; Robert Steadman,
Saugus.

ESSEX FARMER AND HOMEMAKER

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Topsfield Fair Notes

The School is going ahead with its plans for its part in the annual Topsfield Fair to be held Sept. 9 to 13.

There will be the same headquarters in the Grange building and the School is assisting with a large Canning Demonstration which will be held in the Industrial building.

The 4-H clubs will be active as usual and will have their exhibits and serve lunches in their own building.

Miss Katherine M. Lawler, County Home Demonstration Agent is co-operating with the Women's exhibit.

There will be the usual Junior program of exhibits and judging although the latter will no doubt be limited geographically because of transportation difficulties this year.

County Agricultural Agent, Francis C. Smith, is chairman of the Fruit division this year while Instructor Elvory E. Metcalf, is chairman of the Vegetable show and Instructor John E. Eatwood has charge of the Junior work.

For further details regarding the Fair activities watch your local newspapers.

Canning Time Is Here

Every time I fill a jar
Of Vegetables and Fruit to store
I am serving as a soldier
On the home front Victory Corps.

Canning time is here. You may have already put up several jars of vegetables and berries. There are some important things to remember if you are to have good success. It's especially essential to have success this year as it is unpatriotic to waste food. Let me remind you of a few important things:

1. Have good fresh vegetables and fruits: stale, overgrown, overripe products will not improve with canning.
 2. Be sure jars are clean and in good condition. If covers are cracked or the top has chipped places, do not use.
 3. If you use jars with a wire bail, be sure the top wire "clicks" when you put it in place with no rubber on the jar. If it is too tight or too loose, your 4-H canning bulletin will give instructions for fixing it.
 4. Use good rubbers; pinch as a test.
- It is not necessary for you to wait until after you have had a club meeting before starting to can. Use every spare minute you have and help to fill up all of the empty jars in your home. Do not let any food go to waste. Can it. May I suggest that you and your mother can the same day. This will save fuel and you will get more done working together.

If you need information about canning, there are people in your community who can help you or get in touch with your County Extension Office.

Don't forget canning exhibit at Topsfield Fair. There are many prizes offered for all kinds of fruits and vegetables and perhaps you will be among the lucky winners. There is a special class added this year for products canned in Kerr Glass Jars. If you have Kerr jars at home you might plan to use them for your Topsfield Exhibits. Premium lists will be out very soon so don't forget to check over the canning section.

Ida B. Davis
Asst. Co. 4-H Club Agent

Marlborough Library Gift

Miss Katherine Marlborough has recently presented to the School Library the complete horticultural library of her brother, James Marlborough, who was superintendent of the Proctor estate at Topsfield from 1905 until his death in 1941.

Mr. Marlborough was more than an estate superintendent, he was a Horticulturist of merit and a real man.

I would rate him as one of the leading plantmen of his time. Probably his greatest achievement was his work with Begonias and Orchids, yet his general knowledge of plants made him a very valuable man wherever plants were to be found.

These books will add greatly to the reference shelves of our School Library and furnish study material for the research minded student as well as the beginner.

Fourteen volumes of "The Silva of North America" by Sargent are very valuable to any student wishing to learn plant material. They are beautifully illustrated. Bound volumes of "Garden and Forest" from vol. 1 - 1888 through vol. 10 - 1897 are certainly worthy of any student's time.

The "Garden's Hand-List", the illustrated dictionary of gardening, Illustrated Flora of the United States and Canada in three volumes, together with fifty or more books on various Horticultural subjects makes a valuable addition to any library.

These books will be placed in a prominent position in our library and suitably marked in memory of our good friend Marlborough.

Anyone who knew Mr. Marlborough cannot help but say "Friend Marlborough".

C. S. Wright
Instructor Ornamental Horticulture

FALL CLASSES IN DEFENSE PROGRAM ANNOUNCED

Courses in Tractor and Auto Repair and in general metal experience will again be offered at the Essex County Agricultural School this fall, it has just been announced by the Director, Harold A. Mstrom. Those interested should make application at an early date. Enrollment in each is limited to 15.

These defense training classes have been in operation four evenings per week at the School since June 22. Instruction is being given to young men in tractor, truck and automobile repairing and maintenance, and also in general metal work.

Many pieces of equipment have been repaired and put in good running order. The list includes tractors, trucks, automobiles, mowing machines, farm wagons, and other pieces of equipment placed in excellent running condition.

The metals course includes general experience in forge practices, operation of various machines such as drill presses, electric welding, etc.

Further information may be obtained by writing or telephoning to this school at Hathorne. Tel. is Danvers 50.

SPECIAL ANNOUNCEMENT

The 24th Annual Field Day at the Mass. State College Experiment Station in Waltham has been postponed until after the war.

GIFT OF MAGAZINES

The Library Committee gratefully acknowledges receipt of several sets of Horticultural Magazines from Mrs. Gordon Abbott of Tuck's Point, Manchester. The list includes copies of the Journal of the New York Botanical Garden. The New Flora and Silva, Bulletin of the Alpine Garden Society, National Horticulture Magazine and Bulletin of the Garden Club of America.

G. E. Gifford
Chairman of Library Com.

Essex Farmer and Homemaker

HATHORNE, MASS.

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LYCOPodium POWDER AND JUNIPER BERRIES IN DEMAND

The School has had a number of requests for Lycopodium Powder and Juniper berries. Due to the war these articles are not being imported any more and the local supply is in great demand.

The Lycopodium powder is found on Club moss often falsely called Princess Pine. During July and August the spores or seed pods are found and they must be dried in a room with absolutely no moving air for 24 hours and then shaken into a container. The powder is an extremely fine yellow powder.

Juniper berries must be cleaned and only the ripe (blue) ones can be used. For further information contact Instructor Roger Knowlton at the School.

NEW COURSE FOR HOMEMAKING GIRLS

Registrations are still being received for the special course for girls. This course will be about 12 weeks long and has been planned to meet the demand of the hospitals.

Upon completion of this course the girls will be eligible for positions as Ward Aides or other hospital positions as the demands increase.

The subjects included will be foods, invalid cooking, tray service, nutrition, house care, home nursing, personal hygiene, first aid, and simple clothing problems. This course has been planned in co-operation with some of the hospitals in Essex County.

Candidates for this course must be high school graduates or equivalent of a high school. A personal interview is required before a student is enrolled. Further information may be obtained by writing to the School.

APPLICATIONS FOR EVENING CLASSES BEING RECEIVED

Applications are now being received for admission to evening classes in dairy laboratory practices and poultry husbandry, according to an announcement by the Director Harold A. Mostrom of the Essex County Agricultural School, today.

These classes will be offered in October if there are sufficient applications to make up a group in each course. They are open to men and women engaged in milk laboratory operations or in raising of poultry. All candidates will be contacted by the instructor in charge to see if the facilities at hand are sufficient to warrant enrollment in the work.

These classes meet once a week and the enrollment will have to be limited to the available facilities at the school. Dairy laboratory practices offers instruction in testing milk for butterfat and other tests for measuring the quality of milk. Sessions are held once a week for ten weeks.

The poultry course deals with problems of general poultry management and comes once a week for twenty weeks. Instruction in the classroom is followed by monthly visits by the instructor to the plant of the student to assist him in establishing in his own business the improved practices studied in the classroom.

Inasmuch as the enrollment must be limited, those who are interested should apply at an early date. Further information may be obtained by writing to the School.

DR. FRUTCHEY REPORTS

Dr. Frutchev of the U. S. D. A. recently made a survey which included 221 farm families in 23 neighborhoods, selected at random in 12 towns in Berkshire and Essex Counties. This is what he found:—

59% of the families participated directly in Extension activities.

30% participated indirectly through circular letters, news items, radio, etc.

11% had no direct contact with Extension.

57% were contacted by Minutemen on "Salvage".

48% were contacted by Minutemen on "Order Early".

2 out of 5 families knew the Minuteman as part of an organization.

Farm families not otherwise contacted by Extension responded to Minutemen.

MINUTEMEN CONTACT DOUBLED the number who actually 'did something about it'.

Dr. Frutchev says: "The Minuteman system is in its early stages. It needs servicing 'enough and on time' rather than 'too late and too little'".

EVENING CLASS STUDENT IN POULTRY

MAKES OUTSTANDING RECORD

Mr. John Caskin of Collins Street, Danvers, who took the evening class in poultry last fall and is now carrying on his project, has obtained remarkable production from his birds. In casting about for a suitable yard stick to measure the performance, the writer turned to the records published by the Conn. Extension Service. These records are taken from the "Conn. Home Egg-Laying Contest", representing a maximum of 118 flocks involving 109,000 birds.

These flocks are divided into three groups according to size as follows: backyard flocks, 10-99 birds; farm flocks, 100-499 birds; and commercial flocks, 500 birds and over.

Inasmuch as Mr. Caskin started with 100 layers he would be in the farm flock class. In searching through the Conn. reports one man's name appears among the leading five for each month on six occasions, and his must therefore be the best flock in that class through May. A comparison of that man's flock with Mr. Caskin's would serve most satisfactorily to show how well the latter's flock has performed.

Comparison of Best Conn. Farm Flock with Mr. Caskin's Flock.

	Best Conn. Flock		Caskin Flock	
	No.	Av.	No.	Av.
Birds		Eggs	Birds	Eggs
Oct.	115	21.9	100	11.4
Nov.		under 20	100	23.6
Dec.	112	22.4	100	23.4
Jan.	111	20.8	99	23.5
Feb.	110	18.7	98	20.7
Mar.	109	22.6	97	24.3
Apr.		under 21.4	97	25.
May	82	21.1	96	23.4

The Conn. figures omitted for Nov. and Apr. because that particular flock was not among the leading five in those months, but the production figures must have been under 20 and 21.4 respectively. The comparison shows that Mr. Caskin's flock was materially ahead of the best reported Conn. flock, and his record is all the more remarkable because of the small shrinkage in his flock. The Conn. poultryman's flock was reduced from 115 to 82 birds while the local flock dropped from 100 to 96 a shrinkage of only 4 birds. This high livability coupled with high production is the goal of every poultryman, and means that housing space is utilized most efficiently.

It seems fair to say then that the local man's flock outstrips the best reported flock from our neighboring state, and the owner is to be congratulated on his fine record.

J. Stanley Bennett
Instructor in Poultry

FROSTY BEVERAGES FOR A SUMMER'S DAY

"Drink to me only with thine eyes", is all right as the poet's version, but on a hot summer's day that would never quench one's thirst. As the days show more obviously that summer is here we turn our minds and hearts on ways to keep cool. Who could think of a better way to feel cool than sipping a refreshing drink of some beverage from a tall shimmering glass garnished with a slice of the coolest lemon or mint?

Fruit beverages are very important for a proper diet and should be served frequently. Besides the fact that they contain various amounts of vitamins and minerals the tang of their acid flavor and their attractive color make them welcome additions to any luncheon or in-between snack.

Everyone at this time is concentrating on ways to conserve valuable food materials. With this thought in mind we must never pour valuable fruit syrups down the sink drain or into the garbage can. These syrups from canned peaches, pears, pineapple and many other fruits can easily take the place of sugar syrup and can be used as the base of many delicious beverages. As sugar is one of the main items on the ration list this substitute for a sugar syrup will be appreciated more than ever this year. Corn syrup or honey can also be used in beverages as a substitute for sugar.

However, if you do use sugar to sweeten the beverage it is well to remember that you should always make a sugar syrup. The syrup gives a smoother texture and is more easily mixed through the whole drink, while sugar has a tendency to sink to the bottom and stay undissolved. The amount of sugar to use in the syrup cannot be given in exact amounts as it depends greatly on the acidity of the fruit.

Although tea has been used formerly as a popular base for beverages it may not be used so extensively this summer because it has been placed on the ration list.

Here you will find various types of drinks that can be changed in many ways to furnish a delightful variety.

Currant Lemonade

- 1 cup sugar or Karo
- 4 cups currants
- 1 cup water
- lemons

Cook sugar with currants until fruit is soft. Add water, strain, and cool. Allow ½ lemon and ½ glass syrup to each serving.

Lemon Frost

Fill a glass ¼ full of cracked ice, add lemonade and fill the glass ¾ full. Frost the top with a spoonful of egg white beaten stiff, sweetened slightly and flavored with lemon juice.

Pineapple Lemonade

- 1 pineapple, 1 lemon
- 1 qt. boiling water
- 1 cup sugar
- 1 cup tea infusion
- Put core and rind of pineapple together with lemon rind in a kettle and

STRAWBERRY VARIETY TEST

There have recently fruited at the School twelve varieties of Strawberries most of them new, some still unnamed, that have furnished interesting information as to their vigor of growth, resistance to disease, time of ripening, yield and quality.

The accompanying table gives the yields expressed in quarts of saleable berries per acre and the dates of their first and last pickings.

They have been divided into three groups because difference in size and source of the plants permit strict comparisons in yields only between varieties within each group.

Outstanding of interest to our growers are the earliness and heavy yield of variety 2244 and the lateness and unusual vigor of Redstar. Unfortunately the quality of the former is only fair. That of Redstar will rate good to very good. While its yield this year was not as good as desired, its other excellent qualities we believe make it worthy of further trial.

More detailed information about the varieties listed will be gladly furnished to anyone desiring it or they may be seen growing along with eighteen additional ones planted this spring in our Fruit Nursery.

Variety	Yield	First Picking	Last Picking
Group 1			
2244	7417	June 6	June 20
2641	1676	June 8	June 22
Howard 17	5480	June 11	June 26
2166	4494	June 11	June 26
Catskill	5611	June 12	June 26
Fairfax	4257	June 12	June 22
2138	6514	June 15	June 29
Group 2			
Pathfinder	3483	June 8	June 26
Dresden	3483	June 11	June 25
Group 3			
Maytime	2472	June 8	June 20
Branford	3644	June 19	July 3
Redstar	3934	June 24	July 6

A. L. Dacy

Instructor in Fruit Growing

pour on the boiling water. Let it simmer for ½ hour. Strain through cheese cloth. Add sugar, tea and lemon juice.

Gingerale Punch

- Juice of 4 lemons
- 1 pint grape juice
- Sugar to taste
- 1 qt. gingerale
- Mix fruit juices and gingerale with sugar syrup. Cool and serve.

Tea Punch

- 1 cup strong tea
- 1 cup sweetened strawberry juice
- ½ cup orange juice
- 3 Tablespoon lemon juice
- Before serving add 1 cup gingerale.
- Garnish with whole berries.

Note: Gingerale is a very delicious base to use for many beverages and is one of the items that you can be sure of being able to get.

There are many things you can use as garnishes for your drinks such as ber-

GARDEN CHAT

Any vacant plots in your garden can still be replanted to a Fall crop of spinach (Va. Blight Resistant Savoy) or turnip (Purple top Milan or Purple top strap leaf).

After the middle of August any plots that become free should be worked up and sown to a cover crop of Winter Rye. Seed at the rate of 2 Bu. of seed per acre or about 3 1/3 lbs. per 1000 sq. ft. up to the middle of Sept. and then cut the rate of seeding to 1½ Bu. per acre or about 2 lbs. per 1000 sq. ft. It is not necessary to plow or fork the area before sowing but it would be well to loosen the soil either by harrowing or hoeing so as to furnish some loose soil for covering the seed. You will profit materially by getting as much of your garden soil planted to rye this Fall to be turned under next Spring. This cover crop not only keeps the soil from washing but uses up the available food during these off growing months and returns it to the soil when turned under and allowed to rot down.

There have been many calls this season as regards wilting of squash. Quite generally it would be caused from one of two reasons: bacterial wilt, or squash vine borer. If caused from bacterial wilt, you should control the cucumber beetles better. During their feeding on diseased plants some of the bacteria present remain on their feeding organs and then when they visit healthy plants these bacteria are deposited there and in this way infect them. As soon as wilted plants are noted they should be pulled up to prevent reinfesting further and keep spray or dust on the foliage to kill the cucumber beetles.

If the wilting of the squash plants is caused by the squash borer you should have sprayed the plants at weekly intervals during the month of July with nicotine sulphate or black leaf 40. Well, it's too late for that now but keep it in mind for next year. If you throw soil up over the runners at the joints of the main stems and leaves you will encourage rooting and this will enable the laterals to keep on growing and thereby pull out of the wilting condition.

Late potatoes, cucumbers, and tomatoes should be kept well dusted or sprayed with Bordeaux to prevent spread of late blight. Don't let the Mexican bean beetles devour your crop of beans when a rotenone or pyrethrum spray or dust applied to the under side of the leaves should control them. When holes begin to appear on the cabbage leaves and the heads are just beginning to form, spray or dust the plants with rotenone or pyrethrum.

C. M. Stearns

ries, slices of lemon, ice cubes made of commercial mixes and frozen with a berry in the center and mint leaves.

Sometimes flowers laid on the saucer make it very attractive.

Eliza Hebb
Doris Horne



4-H Club Notes



BANNER CLUBS

The Saugus Red Comb Club led by Mr. Charles Steadman collected 800 lbs. of rubber. Isn't that real patriotic? The money from the rubber is being turned over to the 4-H Camp.

The Newbury 4-H Dairy Club led by Mr. Silas Little, won the banner for collecting the most paper of any 4-H Club in the county. The club collected 2330 lbs. of paper.

We should still be conservation minded as paper is still needed by our government.

4-H CAMP LESLIE

Have you been to Camp Leslie? If not you have really missed a wonderful camping season. Camper after camper asked, "May I come back next week?" Five weeks did not seem to be half long enough for many in the group. There were so many enjoyable things to do.

Special activities included beginners and advanced swimmers tests, athletic training, advanced nature study, first aid, leather craft and metal craft.

Evening programs were varied to include tribal camp fires, stunt nights, dances, snipe hunts, candlelight service on Saturday nights.

Camp spirits for the first three weeks were Norma Graves, Andover; Marguerite Fossa, Danvers; and Ann Bates, Amesbury. These girls were chosen because they best represented the 4-H's of the Club Pledge and did outstanding work during the camp week.

There will be more news about Camp Leslie next month.

TOPSFIELD FAIR

Among the many contests at Topsfield this fall a new class has been added to the clothing department. It is a "Thrift Class" and includes the following items;

- (1) Renovated garment for club members age 13 and under.
- (2) Renovated garment for club members age 14 to 21.
- (3) Stocking darn for members age 10 to 15 only.

All renovated garments must be accompanied by a description of changes made.

All entry blanks must be in to the County office before the end of August. This is for the boys as well as the girls exhibits.

STATE CAMP

Five girls and four boys from Essex County spent a very enjoyable week on the State College campus recently. Those who attended received a great amount of valuable training in leadership, in 4-H projects, Music and Recreation and discussion groups. Because of their interest in camp activities, Betty Grimes, Patricia Maguire, Ruth Scannell, Arthur Thurston, and Robert Steadman were asked to assist in the discussion groups either as leaders or secretaries, and all of them took their responsibilities ably. Bob and Pat were included in the final panel discussion group (made up of eight campers) which came at the end of the week. An outstanding honor came to our county when Pat was chosen as a representative of the Health H at the Candlelight service on the final night. We are all proud of the excellent camp spirit and cooperation and initiative shown by all the campers.

Those who attended were Betty Grimes, Danvers; Dorothy Abbott, Andover; Patricia Maguire, Methuen; Ruth Scannell, Saugus; Betty Mullaly, Beverly; William Hayman, No. Andover; Arthur Thurston, Rockport; Charles Savage, Newbury; Robert Steadman, Saugus. In all there were about 150 campers and agents present. Mrs. G. Richard Abbott and Miss Ida B. Davis accompanied the Essex County group.

BOSTON HORTICULTURAL SHOW

4-H Vegetable Garden members should try to exhibit at the Boston Horticultural Show, August 27 and 28.

Fine prizes are available. Entry blanks should be in the County Office as soon as possible. If members haven't received blanks and are interested they may be obtained by writing to the Club Agent at Essex Aggie.

STATE CLUB LEADER

State Club Leader Horace M. Jones, who has recently come to Mass. visited in Essex County on July 24 and 25. Mr. Jones visited many 4-H projects among them 15 projects in Salisbury, swine, poultry, garden and beef projects were among the number. Mr. Jones gave the boys some fine suggestions.

Saturday, Mr. Jones stayed at Camp Leslie and conducted the 4-H Candlelight Service. The service was very well handled and was an inspiration to all present.

4-H LEADERS VISIT COLLEGE

The following 4-H leaders went to State Leader's Weekend at the Mass. State College on July 16:- Mrs. Ruth Harris, Paul Corson, Charles Steadman, Saugus; Mrs. Mary Webb, Mrs. Byron Colby of Danvers.

The club agent also enjoyed the weekend with the leaders. Around 50 leaders from all over the state gathered at the college for their annual camp. A very fine program had been planned by the new State 4-H Leader, Mr. Horace M. Jones and his staff.

There was a real opportunity for discussions of the various club problems. Mr. Doric Alviani, formerly of Salem and now of the College Music Dept. was the very able song leader. Many songs were sung and were mixed into the program at various points.

Mr. Lawrence V. Loy, State Recreation Specialist gave some very fine points to the leaders on games for club meetings.

The leaders had considerable fun one evening initiating all new leaders to State Camp. Even Mr. Jones, was initiated with a very mirthful ceremony.

Mr. Jones gave a fine paper on what points go to make up the best 4-H clubs. The points were arrived at through a survey of 4-H clubs taken in several western states.

Throughout the weekend there was a fine chance for discussions. The leaders all enjoyed the opportunity to talk with one another concerning their club problems.

Saturday night a very impressive Candlelight service was conducted by Mr. Jones in the well known Glen, at the College, where the smoke from the Junior Leaders' campfire of the previous week had just cleared away.

Sunday services were also held in the Glen. The activities of the weekend terminated with an impressive service for Uncle George Farley.

Byron Colby

TIRES

The car, truck, and rubber tires we now have may have to last for the duration. Farmers, already realizing that, are beginning to meet their rubber tire problem through cooperative arrangements with their neighbors to cut down mileage on vehicles and tires.

LEND-LEASE

About five billion pounds of farm products had been delivered to representatives of the United Nations for Lend-Lease shipment up to May 1.

ESSEX FARMER AND HOMEMAKER

VOL. 24 HATHORNE, MASS. SEPTEMBER, 1942 NO. 9
Entered as a second-class matter, May 28, 1919, at the Post Office at Hathorne, Mass., under the Acts of August 24, 1912.

E. P. A. Classes Open September 14

The Evening Practical Arts classes will open here in Essex County on Monday, September 14. Miss Esther Belair of Lawrence will teach the **Foods** classes the opening meetings for the various classes will be as follows: September 14 at 1:30 p. m. in West Boxford, Mrs. Mary Andrews sponsoring class. Sept. 15 at 7:00 at the Essex County Agricultural School, Mrs. Charles Kearns, sponsoring meeting; Sept. 16, at 1:30 p. m. in Peabody with Mrs. Charles E. Morse, sponsor; Sept. 17, at 7:30 at Essex Aggie, 7:30 p. m. Mrs. Kearns sponsoring and Sept. 18, a morning meeting in West Newbury at 10 o'clock with Mrs. Carl Dodge, sponsor.

Home Nursing classes with Mrs. Mary E. Roundy, R. N. instructor will be in the following towns: Sept. 14 at 7:00 p. m. in Danvers with Mrs. Kearns sponsoring the class; Ipswich, September 15 at 7:00 p. m. Mrs. Charles Canney, sponsor; Amesbury, Sept. 16, at 1:30 p. m. with Mrs. Helen A. Gillespie, sponsor; and in Peabody Sept. 17 at 1:30 p. m. Mrs. Felix Carr, sponsor.

M. M. M.

VICTORY WILL BRING TO WORLD NEW DEAL IN FOOD, SAYS WICKARD

"With victory will come — if we are to have a lasting peace — a new deal in food for the world," says Secretary of Agriculture Wickard. "The prospect has a large meaning for American farmers and American consumers. For both, one of the stated war aims of the United Nations — the establishment of freedom from want throughout the earth — means new ways of producing and living. Quantities of the food America has already accumulated in the Ever-Normal Granary, and will put herself in a position to produce through the impending changes in farms systems and processing equipment, will be on hand to feed the destitute of Europe when the firing stops. Before that time comes, quantities of American food will have been used to feed the liberated peoples behind the new fronts the United Nations will establish as they carry the war into enemy territory. Such demonstrations on the food front of democracy's capability to produce, and its generosity in distribution will weigh heavily among the influences that will write a just and lasting peace."

Conservation

Our grandmothers turned their silk and woolen garments when the "right" side began to show wear. Nowadays, when conservation is the watchword, we can follow their example if we have the ambition and patience to do the work. If the back of your suit skirt has developed a shine, try switching back for the front. It will be necessary to change the zipper, and some careful fitting to be sure the side seams are in line again, but the results will pay for the effort. Reliable dry cleaners can remove the shine for a time, but it returns with renewed friction. If the material of your suit does not definitely have a wrong side, the garment can be turned inside out, with less danger of disturbing the fit.

Linings often give way long before the jacket shows wear, putting in a new one will often add a year or two to the life of a suit. This is easily done by using the old lining for a pattern. One wear preventive, worth considering is the shield made from the lining fabric, sometimes used double thickness, in much the same shape as dress shields, these are tacked into the armholes of the coat.

Before buying your new lining material, be sure to study the labels and make inquiries of the clerk as to the wearing qualities and guaranty of the fabric. The labels are put on to help one buy wisely.

Mrs. Myrtle R. Dunn
Instructor in Clothing

BUTTERFAT SUPERIOR TO ALL OTHER FATS

The National Dairy Council reports the results of a test by Dr. T. W. Gulleckson of the University of Minnesota using five different vegetable oils and three animal fats (including butterfat) in the feeding of young calves.

Eight groups of animals were fed skim milk plus one of the above fats or oils homogenized into it. "Calves fed the skim milk plus fats of animal origin made significantly greater average gain daily, in weight than those receiving vegetable oils".

"Under the conditions of the trial butterfat was far superior to all other fats and oils, when compared with fats of vegetable origin, the advantages in favor of butterfat were outstanding".

F. C. Smith
Co. Agri. Agent

High Honors to Wallace S. Moreland

Wallace Sheldon Moreland of the Class of 1921 at Essex Aggie has recently been appointed Assistant to the President of Rutgers University, taking his new position on September 8.

After graduating from here Mr. Moreland attended Connecticut State College receiving his Bachelor of Science Degree in 1926. He taught at Connecticut State College for two years in the poultry department and carried on the publicity work of the school.

In 1928 Mr. Moreland became assistant editor at the New Jersey College of Agriculture until 1931 when he became Extension Editor, and has become well known in Agricultural circles because of his fine work in this department. He has carried on radio programs over Station WOR for over nine years, written for state and national agricultural publications, is associate editor of the "New Jersey Farm and Garden". Besides all this he has been assistant professor of journalism at Rutgers since 1937. Last year Wallace S. Moreland was elected President of the American Association of Agricultural College Editors, which position he still holds.

He is married and has four children, and lives at 251 Lawrence Avenue, Highland Park, New Jersey.

MRS. PAGE TO CONDUCT CLOTHING CLASS

Mrs. Esther Cooley Page, Clothing Specialist at the State College will be in Essex County on the following Wednesdays this fall: Sept. 30, October 14, 21 and 28, November 4 and 18. September 30 will be a half-day meeting on selection of materials, patterns and preparation of materials.

These meetings are for leader training group and the place of these meetings will be announced at a later date. Other leaders' and community groups will be announced later.

The lessons will include: Discussion of quality of standards in coats and coat material; equipment necessary for tailoring; selections of old and new materials linings, and inter-linings, findings, etc.; methods of preparing materials, amount of ripping necessary, laundering, dyeing and mending old materials and shrinking of new materi-

(Continued on page 3, col. 3)

Essex Farmer and Homemaker

HATHORNE, MASS.

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FASHION'S BOW TO CIRCUMSTANCES

Times and circumstances frequently dictate where economy shall take place, and so it is that Dame Fashion has decreed the use of silver in the ever-popular costume jewelry. This decision in 1942 is not just a whim, a fad, or a passing fancy—but rather a case of necessity. The nation's use of metals in the vital war industries and the world's war situation have cut off the supply of other metals and the semi-precious stones that have been so popular. Consequently, there is a decided trend towards ornaments made of silver and with little or no stone work.

Silver is one of the best-known metals and is widely distributed throughout the world. Probably it has been used since the beginning of history. Although Mexico leads the world in silver production, the United States ranks second and is fortunate in having a good grade of this metal in several areas.

The semi-precious stone supply has been cut off very definitely. The stone-cutting for much of the costume jewelry was done in Czechoslovakia. Many of these stones were mined in Siam, Ceylon, India, and Madagascar. Although some stone-cutting has been done in America it is inferior to that of Czechoslovakia.

Silver lapel sprays, bracelets, earrings, and tiny bouquets will adorn most wardrobes. Lapel pieces with matching earrings, or large pins or clips with matching earrings are seen more and more. The newer designs show roses, bow-knots, and leaf designs. Some of these are solid silver and some gold and silver combinations and consist of many, many tiny pieces fashioned into the design.

Thus circumstances have dictated fashion, and much of the newest adornments will have no stones or a minimum of stone-work.

Verna L. Clarke
Head of Academic Division

ATTENTION ALUMNI

The Annual Home Coming Day for the Alumni will not be held this year. It is hoped that conditions will be more favorable next year.

MISS MYREN AT M. S. C.

Miss Juliette Myren of Minneapolis, Minn. has taken over her new duties as home demonstration agent-at-large at Mass. State College Extension Service. Miss Myren takes the position vacated by Mrs. Gladys E. Clave, and will specialize in teaching home furnishings, and aid county home demonstration agents with meetings, tours, and exhibits.

RECIPE FOR THE MONTH

Through the co-operation of Miss Winifred Loggans of the Kellogg Co., Battle Creek, Michigan, the office of the "Essex Farmer and Homemaker" has been put on their mailing list to receive their bi-weekly news releases with the privilege of printing them in this paper.

Here is one we have been saving for the coming Fall days when the pumpkins are ripe, it is Refrigerator Pumpkin Pie.

4 c. Kellogg's Corn Flakes or
3 c. Kellogg's Rice Krispies
1/3 c. butter melted
1/4 c. sugar

1 Tbl. sp. gelatin
1/4 c. cold water
1 1/2 c. milk
1 1/2 c. cooked pumpkin
2 Tbl. sp. butter
2 Tbl. sp. molasses
1/3 c. sugar
1 tsp. ginger
1 tsp. cinnamon
3/4 tsp. salt

Roll cereal into fine crumbs; combine with butter and sugar; mix well. Press mixture evenly and firmly around sides and bottom of pie pan. Chill well OR bake in moderate oven (350° F.) for about 8 minutes; cool before adding pie filling.

Soak gelatin in cold water. Heat milk, pumpkin, butter and molasses together in top of double boiler. Combine sugar, ginger, cinnamon and salt; add pumpkin mixture. Stir in softened gelatin and mix thoroughly; cool. Pour into crumb pie shell and chill until firm. Yield: 1, 9-inch pie.

VICTORY SPECIALS

The U. S. Department of Agriculture is emphasizing the point that the Victory Food Special emblem is primarily a guide to patriotic food buying. Many housewives seem to associate "specials" with bargain prices. Although Victory Food Specials are abundant foods, and therefore often lower in price than many other foods, they are seldom as low in price as would be the case in a normal peacetime economy. The Agricultural Marketing Service points out, however, that regardless of price, the Specials are commodities that must be used heavily at a particular time if we are to manage our food supply here in a way that will enable us to continue to eat well and, at the same time, have the right foods available for war purposes. Since food from American farms is already at work as an offensive weapon and will become a telling factor as time goes on, the Victory Food Special program is one that makes every housewife a quartermaster in the food management army. Wise food buying is her war job. She is not asked to spend more money for food, but to change emphasis on what her food dollar buys to meet wartime conditions.

1943 CONSERVATION MATERIALS NOW AVAILABLE

0-14-14 is now being furnished to the farmers under the 1943 Agricultural Conservation Program, as well as Ground Limestone and 20% Superphosphate as furnished during the past few years.

The amount that may be obtained depends on the number of cattle, the pullets ranged, the acreage of vegetables, potatoes, small fruits, commercial orchards, and the total cropland on the farm. This limits the number receiving materials to those farms actually contributing to the country's war effort.

Shipment will be by freight to a local siding, the farmer to haul the material from the freight car.

Community Committeemen and Assistants in the different towns are trained to explain the 1943 Program, will advise if you are eligible to receive materials, and if so can take your request. These committeemen in Essex County are: Mrs. John E. Battis, Amesbury; Henry F. Foster, Beverly; Mrs. J. Warren Chadwick, West Boxford; Wm. Hobart Clark and Daniel J. Connors, Danvers; Theodore S. Burnham, Essex; Joseph J. Robbins, Georgetown; George H. Sprague, Hamilton; Gilbert A. Wallace, Bradford; Alex J. Swiniarski, Ward Hill; Frank E. Smith, Ipswich; Harold Walker, Lynnfield; Mrs. John O. Walker, Merrimack; John Yurelionis, Methuen; David S. Caldwell, South Byfield; Thomas R. Ronan, Newburyport; Henry M. Smolak, North Andover; Willard Corbin, Peabody; Roy H. Lane, Rockport; Howard A. Ricker, Rowley; Wm. S. Pettigill, Jr., Salisbury; Thomas G. Skahan, Saugus; and Mrs. Ralph M. Woodworth, West Newbury.

Information may also be received at the Agricultural Conservation Office, Room 34 of the Essex County Agricultural School, Hathorne.

MINUTEMEN

The extension service has developed in each agricultural town local committeemen to look after the interests of farmers in his neighborhood and to keep in closest touch with the USDA War Board and new regulations as issued. He represents the County USDA War Board in your neighborhood. If you have any questions about the war work ask him. He is supposed to know. Each minuteman, as these committeemen are called, has six to sixteen farmers whom he is responsible for.

These minutemen are selected by the chairman and members of the town Rural War Action Committee. The reports of work accomplished show these minutemen are good warriors and are taking their job seriously.

Due to time, paper, lack of labor, it is impossible to send information about war regulations to ALL farmers in the county. BUT these 150 town chairmen and minutemen can and are being notified from time to time of changes in priorities in tire and gas regulations, building regulations, etc.

POULTRY MANURE SURVEY

Following is a summary of the poultry manure survey which has been conducted here in Essex County in 1942. Eighty-five poultrymen returned the poultry manure survey cards sent to 500 people keeping poultry in the County recently. Five of these farms reported no poultry kept this year. A total of 68,283 layers are on the job on the other 80 farms reporting. These birds represent nearly 50% of the 150,000 hen population tabulated by the farm checkers of the A. C. P. last fall.

Poultry manure was offered for sale by 25 poultrymen. The average price asked appears to be about the same as for cow manure per cord at the farm, \$5.00 per cord. This list will be available to prospective buyers and "Minutemen". One farm received \$130.00 plus some cleaning services for the manure produced by 2500 layers. One poultryman gave away the fertilizer products of 1300 birds for the cleaning of the houses. Limited acreage created a sanitary problem on this and other farms. On one poultry and dairy farm 2 tons of poultry manure were traded for one ton of hay.

Over 40% used Superphosphate and 25% stored the poultry manure under cover, 6 large farms hauled the manure to the field as soon as produced. These practices should reduce disease hazards, improve general sanitation and also the quality of the manure as plant food.

Prof. Ralph Donaldson, Mass. State College supplied the following useful information regarding poultry manure: 100 bushels per cord, 50 bushels per manure spreader.

One cord of poultry droppings average 50 to 75% water and weighs 3 tons.

One cord of poultry house litter averages 25 to 50% water and weighs 1½ tons.

Poultry manure may be stored in piles on level ground without much loss of plant food if Superphosphate is used. Plant food losses are chiefly in the form of ammonia. Poultry manure absorbs considerable water which in turn absorbs ammonia. Superphosphate also prevents loss of ammonia and the breeding of flies. Soil may be spread over manure piles for greater sanitation and will tend to prevent loss of ammonia. Large piles retain plant food more efficiently than small ones.

Poultry litter is now left in the houses from six months to a year on many poultry farms and is more valuable than formerly.

John E. Miltimore
Instructor in Poultry

GARDEN CHAT

Reports indicate that the supply of nitrogen for next year will be short due to the war. Gardeners should, therefore, conserve the supply of nitrogen in the soil by seeding cover crops this Fall to prevent the leaching of nitrogen during the winter. Winter rye makes an excellent cover crop and after the middle of September seed at the rate of 1½ bu. per acre or about 2 lbs. per 1000 sq. ft. As this crop grows during the Fall and Winter months the available plant food is used up by the growing crop and then next Spring when plowed under, the food is returned to the soil for next year's crops rather than to have this food lost by leaching during the winter months.

Now that the harvesting of crops is here, you should be thinking of storage. Conservation of all crops was set up as one of the important keynotes of this growing season and next winter you will welcome some of your own home grown crops that you have produced during 1942. Three essential points are necessary in all good storages: ventilation, temperature, and humidity. Onions and squash require cool and dry conditions while all other crops require cool and humid conditions. Temperatures should be down around 38°F. for best results.

Do not spend good time on vegetables that are badly infested with disease, insect or mechanical injury or with vegetables that are too ripe or not matured. These will not keep well in storage.

Remember to handle the products carefully. Massachusetts Extension Leaflet No. 34 entitled "Home Storage of Vegetables" by W. R. Cole will help you in planning your storage.

In judging vegetables or fitting for exhibit purposes keep in mind the following points:

1. Trueness to type-specimens should meet the variety requirement.
2. Uniformity as to size, shape and color.
3. Condition - freedom from disease, insect or mechanical injury.
4. Quality - not over or under size, not too green or too ripe, etc.

One should follow premium book closely as to number per plate, time of entry, class number, etc., so that no disqualifications can be made.

C. M. Stearns

MRS. PAGE

(Continued from page 1, col. 3)

als; patterns and measurements; checking pattern measurements; cutting a coat; construction of buttonholes and pockets; collars and cuffs; making linings and interlinings; attaching coat and lining; shaping collar and lapels; finishing buttonholes; hems; finishing touches; and final pressing.

For further information contact Mrs. Mary M. McIntire at the Essex County Agricultural School, Hathorne, Mass.

WOMEN. Some of the government controls have to do with women's work, sugar rationing, collection of tin, fats, food for freedom canning. Because of these activities now it is planned to add women to the town Rural War Action Committee and minutemen or minute-women for each neighborhood.

F. C. Smith
Co. Agri. Agent



4-H Club Notes



CLUB NOTES

The Merrimacport 4-H Agricultural Club led by Mrs. L. Foster Powers voted at a recent meeting to send fruit to one of the club boy's parent who was ill. The idea of 4-H clubs doing something thoughtful for a shut-in is a fine one. It is hoped that more 4-H clubs will do this.

This same club held a discussion on "Will Food Win the War". This subject is very timely, at the 4-H State Camp discussions were conducted with the young people and many deep thinkers were located. Perhaps other clubs can have discussions as part of their program.

The Happy Hoe and Harvest Garden Club of Newbury led by Mr. and Mrs. Arthur Gilchrist had a quiz on "Storing and Canning Vegetables for Winter Use", at a recent meeting. The club later discussed how to prepare vegetables for exhibit at Topsfield Fair.

One 4-H boys' club voted to mow the local church lawn. Community deeds like this help people to get acquainted with the 4-H Club Spirit. The people in your town will be behind your club when deeds like this are accomplished.

George Singer, the secretary of the 4-H Food For Victory Club led by Miss Margaret Phelan of Ipswich reports a meeting was held recently in the local school. Talks were given on "How to Feed Baby Chicks; Rottenone Fertilizer; Beans; and Why We Should Eat More Vegetables". Plans were made at the meeting for a Weenie Roast.

This is really an agricultural club as there are poultry members in the club, a beef member, garden members and one boy who has three pigs.

The newly organized 4-H Dairy Club in Ipswich led by Mr. Oren Parsons, visited Camp Leslie one Wednesday evening. They have a planned club program which is a big help as club members know what they are going to do at each meeting. It was part of the club program to visit camp. They all enjoyed the evening. This club is known as the Agawam 4-H Dairy Club.

4-H CAMP LESLIE

Camp Leslie was open for five joyous weeks, July 5 to August 9. Around 300 campers enjoyed themselves while there. They rowed boats, canoed, learned to swim or improve their swimming ability. They learned about nature, made craft materials, learned first aid, did some sewing for the Red Cross, improved the camp forests by thinning. Yes, a good time was had by all.

The Wednesday night programs were looked forward to by the whole camp. Each cabin had a stunt and the best stunt meant a prize. What competition! Then usually the evening was completed by a sound movie. Parents came usually on Wednesday nights and enjoyed the program.

Saturday nights the Candlelight services were held with honors to those who stood out during the week.

Sundays some of the campers left and new ones came, always new acquaintances to be made with a dash of sadness when friends had to go home.

The tribe spirit between the Naumkeag and Tahattawans was big all the time with many challenges, ball games and volley ball between the tribes.

There were visitors at Camp too, among them Mr. Horace M. Jones, State 4-H Club Leader; Mr. Earle Nodine, Mr. Harley Leland and Miss Marion Forbes, all assistant state club leaders and Mr. William Walker, Club Agent-at-large. They visited on different weeks and enjoyed the young people and the beauties of Camp Leslie.

4-H Camp Leslie will be in the minds of many with the real spirit as it was sung in "Leslie Camp Forever".

"KEEP FIT FOR SERVICE"

"Keep Fit For Service" is the 4-H health slogan for 1942-43. Every 4-H member will be asked to make a great effort to eat the right foods each day. An attractive score card will be available for every member.

War has made us more aware of the need for a nation of physically fit people. Nutrition plays an important part in being physically fit. As 4-H Club leaders we can help our 4-H members to develop good eating habits.

4-H GARDENS

The Club Agent has visited around 200 gardens this summer and most of them have been very fine ones. A good many of the young gardeners are planning to exhibit at the Topsfield Fair and the Boston Horticultural Show.

Watch this page of later issues for the garden prize winners. In most cases prizes will not be awarded until after record books have been examined by the Club Agent.

The weatherman has been kind to the farmers this summer and garden crops have grown well. A good garden does not mean a prize though, unless a good record has been kept by the club member.

CONSERVE

SCRAP METAL AND RUBBER

Club leaders should take every possible opportunity to urge their 4-H members to collect scrap metal and save rubber.

Recently a statement came from Washington saying that at present there is only 2 weeks supply of scrap metal ahead. We must collect scrap metal at every opportunity to help our country win the war. Our job of winning the war has just started!

4-H SWINE SHOW

Definite plans have been made for a 4-H Swine Show at Topsfield Fair. There will be two classes, Heavyweight class and the Lightweight class. Many 4-H boys are looking forward to exhibiting their pigs at the Fair. Those who live a long ways from the Fair may not exhibit but a show of 10-12 swine is expected.

4-H LEADERS — SAVE WASTE FATS

Not only should we conserve iron and rubber but fats too, to help win the war. Fats contain glycerine and glycerine is used in large quantities in making Nitro-glycerine or explosives.

Here is another way the women can help win the war. Save all waste fats strain them and take it in a clean can to the meat dealer. Try to deliver the fats early in the week rather than at the end.

"Hit Hitler and Slap the Japs with Fats".

CHEESE

Help yourself to cheese. There's lots of it. Production of cheese in the United States has been stepped up to all-time record levels, say Massachusetts State College authorities.

STATE 4-H RADIO PROGRAM CHANGES ITS HOUR

Due to the recent changes in radio station affiliations, the state 4-H radio program on WBZ and WBZA has been changed to a new hour. The program will be on the first, third and fifth Saturdays of each month from 10:30 to 10:45.

NOVEMBER 7 TO 14

November 7 to 14 has been set as National 4-H Achievement Week. Many clubs are planning special programs, thus summarizing their work for 1942 and outlining the program for 1943. What are your plans for the week and for 1943?

ESSEX FARMER AND HOMEMAKER

VOL. 24

HATHORNE, MASS. OCTOBER, 1942

NO. 10

Entered as a second-class matter, May 28, 1919, at the Post Office at Hathorne, Mass., under the Acts of August 24, 1912.

Essex Aggie Receives Valuable Collection

Recently Essex County Agricultural School was presented with a valuable collection of rocks and minerals by Samuel Morse of 237 Locust street, Danvers. Mr. Morse has been an enthusiastic collector from boyhood. Many of the specimens have come from foreign countries. Some of the more valuable ones came from the collection of Mr. A. B. Dickerman, a mining engineer of New York.

The collection includes some excellent specimens of Amethyst, Amazonite, Wulfenite, Vanadinite, Gold, Copper, Silver and other interesting specimens of rare and precious stones.

In addition to the rocks and minerals Mr. Morse presented the School with a compound microscope, reference books on rocks and minerals, and several other valuable gifts.

A collection of odd and rare shells was included in the gift. Most of these shells come from Florida.

It is hoped that these collections may prove of interest to the student body and also to the friends in the county.

The collections are on display in room 37 of the main agricultural building. Visitors will be welcome and teachers with their classes from other schools will be most welcome. Arrangements for such visits may be made by contacting the Science department of the School, Hathorne, Mass.

The School is in a position to help its graduates and others to find satisfying and worthwhile positions in agriculture or related occupations.

Good jobs are waiting for capable former students and graduates. Wages are high and most of the jobs are genuine opportunities for permanent employment.

A contact with the School may lead to a splendid opportunity for advancement in your field of agriculture.

Wins Registered Jersey Bull

John D. Wilcox of North Andover and graduate of Essex Aggie in the Class of 1938 is the proud owner of a purebred Jersey bull awarded by the Jersey Cattle Club of America. The presentation was made last month at the Sibley Jersey Farm in Spencer, Mass., when 15 animals were awarded to Massachusetts dairymen whose records with Jerseys proved outstanding. There were a total of 1000 such animals given in the whole United States. The following is a summary of John's work.

Before 1938 John J. Wilcox, was successfully operating a garage business in North Andover. His son was attending the Essex County Agricultural School. John D. was a typical vocational boy, a good worker and interested in poultry farming at the time. About this time traffic by the Wilcox garage was fast disappearing—taking the new Route 125 to Haverhill. Finally traffic and business came to an abrupt halt and the former garage was used to house a laying battery of hens. Here Mrs. Wilcox took charge when her husband was away at work and John D. away at school. By April of that year the family were confident that they should move out of the village onto a farm in order to expand what already proved a successful poultry venture.

A 117 acre tract was purchased on the lower end of the town far from the main arteries of traffic. The poultry were soon housed, and that summer a small cottage was built. The first two years 40 acres were cleared of brush and 25 acres plowed and sowed to rye, corn, potatoes, clover and timothy. Several thousand broilers were raised and sold the first year. Crops did well and potatoes returned a good profit.

In 1939 poultry and garden crops were still emphasized but a grade cow and three calves were purchased. A barn with 18 tie ups and milk house were started and entirely built by father and son working together, whenever time could be spared from other farm work. John's father was away much of the time being in demand as a machinist and expert auto repair man. Thus much of the time John D. was left to his own resources.

In August 1941 young John decided to get further acquainted with the dairy business. He purchased six grade Jerseys—four cows and two heifers—later two more Jerseys were added. He has ambitions to better his Jersey stock through the use of a pure bred bull.

The Wilcox family have what it takes—faced with the loss of business because traffic was diverted from their door—they went further into the wilderness and built up a business which has

1839 Women

Attended Meetings

During the summer Miss Ruth U. Weld of Wakefield and Assistant Specialist in Horticultural Manufactures has been in Essex County holding meetings and demonstrations on the latest methods of canning and food preservation. Following is Miss Weld's report.

Sixty seven Food Preservation meetings were held in 33 communities in Essex County with 1839 women in attendance between June 15 and September 15.

Meetings were sponsored by Nutrition-Garden-Food Preservation leaders, also Red Cross Nutrition and Canteen groups, Public Safety Councils, Massachusetts Women's Civilian Defense groups, Women's clubs, Public Health Services and Home Economics groups.

The women of the County have had a keen interest in the meetings, attended morning, afternoon or evening, many times in the extreme heat and other weather inclemencies.

The canners, both old and new seemed to appreciate the instruction on bail adjustments, converting old jars, and most especially, lately, the help with the reclaimed jar rubber problem.

Solid pack tomatoes, unpeeled tomatoes packed for juice, and garden specials have had a ready acceptance.

The over-all picture shows many thousands of jars filled with real gratification to the canners; they have done their bit for their country, fortified their shelves with a good variety of nutritious foods, besides having a pride of accomplishment, not like the temporary results of other food preparations, but a well stocked larder to see them through the winter season.

SCIENCE EXPOSITION

The 18th Annual Science Exposition will be held at the School on November 12 and 13.

CROSS COUNTRY RUN

It is doubtful if the Third Annual Cross Country Run will be held this year at Essex Aggie.

already opened the eyes of the neighbors. Who says it can't be done when father and son join hands and mother helps out, too?

Essex Farmer and Homemaker

HATHORNE, MASS.

Published monthly by the Trustees of
the Essex County Agricultural School

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THE FARMER TAKES HIS FOOD

The farmers have been rightly entitled "The Kings of the Earth," because for many years they were capable of providing the greater part of life's necessities from their property. A farmer's wife once said, "If you can't find a board take a shingle." That theory is the keynote of the king-ship of a true farmer. In the past few years the specialization has become so great that the family on the farm depends on many outside sources for sustenance.

When a nation is at war all families are gradually obliged "to take a shingle if they can not find a board," in order to surmount the particular obstacle for maintenance of life. For this reason it is well to review just what people did when there were none of the modern conveniences for food growing and preparation.

Six hundred and sixty thousand years ago, the Pliocene Man ate most of his food raw, unless he traveled over a burned area where he found charred animals, the flesh of which was palatable.

People began throwing animals into the fire for roasting. Appetites began enjoying the variety of several flavors in one meal.

Slow cooking could be done by baking in the dry heat in a hole in the ground.

Containers made of skin, bark or wood were filled with grains, or meat or roots and water. Hot stones were dropped into the water until the food was cooked.

Hungry man found that food left in the sun dried and that meat, fish, fruit, vegetables and cereals thus treated were a fine source of nourishment.

In Italy an Abbe named Spallanzoni discovered canning in 1765, Napoleon paid Nicholas Appert, twelve thousand francs for perfecting the application of canning commercially, so that his soldiers might have fresh food.

Isaac Solomon operator of a cannery in Baltimore reduced the time for boiling cans from six hours to half an hour.

One March night in 1625, Sir Francis Bacon, on his way to London, bought a chicken, dressed it and packed it with snow. He is given credit for having discovered the basic idea of refrigeration.

Lord Kelvin worked out the basic law for producing refrigeration in about the middle of the nineteenth century. Because of a shortage of natural ice in 1890, a great development of producing refrigeration was made.

Clarence Birdseye, a Gloucester scientist, discovered in Labrador that fish froze solidly in a short time. Days afterward the fish was as fresh as any caught at sea. He is given credit for discovering the first application of quick freezing.

In these times the farmer still may be with knowledge, planning and work, "The Kings of the Earth," for they are surrounded with the sources of the greatest treasures in the world, Water, Food, Shelter, Fuel and Clothing.

The data has been adapted from "The Restaurant Management Magazine" and "The History of Food and It's Preservation," by Clarence Francis, President of General Foods Corp.

Harriet M. Butman
Instructor in Foods

HONOR ROLL FOR D.H.I.A. HERDS

County Agent Francis C. Smith has just received the certificates for those herds in Essex County Dairy Herd Improvement Assoc. who made the National Honor Roll of 300 pounds of butter fat per cow for the whole herd. This is for the year ending December 1940.

Herd Owner	Town	Herd Aver.
William Whitney	Newbury	428 lbs.
Essex Co. Agri. School	Hathorne	401 lbs.
William Bailey	Andover	378 lbs.
Appleton Farms	Ipswich	352 lbs.
Ralph Woodworth	West Newbury	345 lbs.
Kimball's Ayrshire Dairy	Haverhill	342 lbs.
John T. Chadwick, Sr.	West Boxford	317 lbs.

These certificates were given out at meetings on Sept. 30 and October 1.

ESCA BESSIE VEEMAN

Contributing to her part to national defense is a purebred Holstein cow owned by the School. Her name is Esca Bessie Veeman.

She produced 10,740 pounds of milk and 439 pounds of butterfat in 335 days. The Holstein-Friesian Association of America announces.

The owner states that "Bessie" was milked two times a day, and that her production for the testing period was supervised by the Mass. State College and The Holstein-Friesian Assoc. of America.

OIL

Shortage of imported fats and oils has led scientists of the U. S. Department of Agriculture to seek substitutes in materials formerly wasted. Most promising among the pit or kernel oils are apricot, prune, peach, and cherry oils. All are similar and somewhat resemble sweet almond oil used in cosmetics and in baking.

CHART

A chart, designed to help homemakers prepare health-giving wartime meals is available to every Massachusetts family, says Miss May E. Foley, extension nutritionist at Massachusetts State College. One hundred everyday foods and the vitamins each food contains are discussed on the chart. The chart, "Vitamins from Farm to You," may be obtained by writing to the U. S. Department of Agriculture, Washington, D. C.

APPLE A DAY

To get the most food value from an apple, eat it raw with the peel on. That way you get its vitamin C intact.

SUPPLEMENT

ESSEX FARMER AND HOMEMAKER

SCHOOL NOTES

OCTOBER, 1942

AMERICAN HOME ECONOMICS CONVENTION

This National Wartime Convention was held in Boston at the Hotel Statler from June 21 to 24.

Leona Fregeau of Marblehead and Virginia Ayles of Peabody were chosen as delegates to attend the convention.

While the student club headquarters were held at the Hotel Lenox, most of the gatherings were held at Boston University.

The main idea of the convention was to try to help out small and poor communities as well as the war efforts and to find out what each community was doing.

Our challenges are to help, save, and cooperate. Everybody should take part in certain duties in order to obtain responsibilities as well as buying bonds and stamps.

One of the speakers listed our important battle stations, her title was, "Facing the challenges." The battle stations are as follows:

1. Our pocketbooks: Cash bases, budget.
2. Home-Planning, in the home such as saving on deliveries, or gas and tires and having a good time but not in a wasteful way.
3. Community Services in the home and to the children. First aid in the home by making it safe.
4. The Farm, Help to produce crops. Food is necessary to win the war.
5. The School, Learn democracy, helping others, to go on working.
6. The Market Place, Grade of standing.
7. The Family, To work together and help in any way possible.

Miss Harris, one of the speakers gave us a new definition of the word "Victory."

V is for Vigor
I is for Income
C is for cooperation
T is for thrift
O is for organization
R is for rationing
Y is for youth

Virginia Ayles

NOVEMBER 24, 1942

Tuesday, November 24, 1942 has been designated by the Board of Trustees, as Graduation Day for the Class of 1942.

Details of the plans for the day will be announced in the next issue of this paper.

GRADUATE APPRENTICE TEACHER

For several years the Homemaking Department has been fortunate in having a teacher from the Framingham State Teacher's College, to do graduate apprentice teaching.

The teacher has charge of Freshmen classes in foods, clothing, house care and mathematics and Junior classes in handcraft.

This year Miss Helen M. Krone of Pittsfield, Massachusetts, a graduate of Beaver College in Pennsylvania, is taking charge of these classes.

Miss Krone began her work on September 28.

Carolyn Archambault

PATRIOTIC APPLE PICKERS

Apple picking is very exciting for the Homemaking girls of Essex County Agricultural School.

Each division when assigned departs from class all enthused to collect as many bushels of apples as possible.

Take, for instance Elizabeth Rubchinko of Middleton, who picked nine bushels. Now she has a partner in Grace Marshall of Peabody.

The girls can't fight for Uncle Sam but they can pick, pick and pick apples which is a little deed of helping to obtain Victory. Everyone can help Win the War.

Gloria Tondreau

LIBRARIANS

Each year girls are chosen to work in the library in the Homemaking Department.

The girls have charge of the checking in and out of the books that the students want for study or recreational reading.

They do minor repairs on the books and check those overdue. Although it is early in the year, already more than 300 books a day are being handled.

The girls chosen must have a mark of 70 or above in every subject, else they can not do this extra work.

The girls chosen for this year are: Irene Champagne, Lawrence; Rose Grasso, Lawrence; Mildred Sapienta, Methuen and Gloria Tondreau, Salem.

Mary E. Lovely

GREASE SPOTS

Auto grease, treated with carbon tetrachloride, usually comes out of a garment after laundering.

FIRST AID CERTIFICATES AWARDED

Last year the Junior girls had work in First Aid, under the supervision of Mrs. Mary Roundy. Those who received 75% or better were awarded Red Cross First Aid Certificates.

The course included bandaging, fractures, digit pressure points, splints, shocks, and artificial respiration.

The girls should feel a deep appreciation to Mrs. Roundy, our School Nurse, for the knowledge of first aid she taught them, because in the future they can put such First Aid into practice.

The following girls received their First Aid Certificates in an assembly on September 23: Carolyn Archambault, Marilyn Ostler, Methuen; May Duckett, Diana Olds, Margaret Purcell, Lawrence; Virginia Ayles, Grace Marshall, Miriam Fitchuk, Peabody; Marion Peatman, Claire Gillespie, North Andover; Barbara Bell, Salisbury; Mary Lovely, Haverhill; Eleanor Cook, Danvers; Carol Wendell, Gloria Tondreau, Salem; Leona Fregeau, Marblehead.

Carol Wendell

IMPROVEMENTS

During the summer months there were many needed improvements that were made around the Homemaking building.

A new coat of paint has been put on both the students cafeteria and the teacher's dining room.

There is a new large flag for the assembly hall. A new fluorescent light has been put into the office.

An addition has been built at the rear of the building. It serves as a service entrance and storage room. The motor on the large ice box has also been moved to this store room, thus making quieter class rooms.

Barbara Bell

STUDENT AIDS

It is a custom each year to select three girls who have completed the Homemaking course to serve as student aides for the year.

The girls chosen for this year are Elaine Kennedy and Helen Pettingell both of Danvers, who will serve as assistants in the foods laboratory.

Ruth Karlson from Sanguis was chosen to assist in the clothing department.

Mary E. Lovely

THE NEW STUDENTS

The number of new students this year is about the same as there were when the Homemaking Department just started. On account of tires and gasoline, there are not as many new students, because some have no means of transportation.

The newly enrolled students are as follows:

High School Graduates

Jane Barter, Beverly
Florence Bartlett, Salisbury
Jean Burke, Fairhaven
Olive Doty, Salem
Elizabeth Frisbee, Amesbury
Irene Jurek, Methuen
Pauline Marsland, Lawrence
Mildred Murray, Lawrence
Marilyn West, Bradford

Freshmen

Theresa Campbell, Middleton
Josephine Carnevale, Beverly
Constance Davis, Lynn
Rose Dawkins, Groveland
Hilda Gaudet, Andover
Dorothy Lawton, Danvers
Edyth Marsland, Methuen
Helen McAuley, Danvers
Virginia Monahan, Danvers
Theresa Morasse, Lawrence
Edith Noyes, Newbury
Hazel Parah, Lawrence
Helen Trovas, Peabody
Betty Barlow, Methuen
Irene Belben, Danvers
Frances Birtles, Methuen
Priscilla Carter, Beverly
Clare Hunter, Methuen
Barbara Johnson, Danvers
Ruth Johnson, Beverly
Patricia Little, Newbury
Polly Little, Newbury
Cynthia McAuley, Danvers
Eleanor Moore, Groveland
Priscilla Wright, West Newbury
Louise Wendell, Salem

New Juniors

Ruth Stafford, Andover
Nancy Edmands, Wakefield
Marion Peatman

SUMMER PROJECTS

The freshmen and juniors came back to school on September ninth as juniors and seniors and brought with them various projects that they had done during the summer.

Some of the girls go to beaches, hotels or restaurants to do waitress work. They write out reports on these things and in turn Miss Smith, the project teacher, gives credit for it.

The present juniors that had employed projects are as follows: Rose Devoe, clothing and foods; Barbara Hood, foods at Essex County Health Camp; Olga Makle, foods at Vic's Spa, Beverly; Irene Chamagne, housecare; Constance Ormsby, clothing and housecare; Elizabeth Rubchinook at Essex County Sanatorium.

The present seniors that had employed projects are: Virginia Ayles at Mrs. Hibbard's in Lynnfield; Mary Lovley, Seabrook beach; Edith Quinn, foods at Hampton Beach; Carol Wendell, housecare; Marion Fitchuk, housecare in Peabody; Claire Gillespie, foods at Beverly Farms; Margaret Purcell, foods at Camp Leslie.

The following present juniors and seniors had foods and clothing projects at home: Beatrice Beaumier, Gertrude Frost, Mildred Sapienza, Alice Sousa, Eva Drozdowski, Rose Grasso, Evelyn Kent, Maureen O'Leary, Ruby Richardson, Grace Marshall, Diana Olds, Marilyn Ostler, Eleanor Cook, May Duckett, Leona Fregeau, Ruth Krankka, Gladys Robertson, Gloria Tondreau.

Carolyn Archambault and Marion Peatman had general housecare for their projects while Barbara Bell had foods and gardening.

Diana Olds

AGRICULTURAL STUDENTS

This is the first year for sometime that the entering class in the Agricultural Department has been composed of boys only. Following are the new boys: Joel N. Bean, Danvers; Carl E. Bergstrom, Lynn; Arthur W. Bohnwagner, Jr., North Andover; Raymond L. Chalifour, Salem; Ernest D. Cochran, Lawrence; Robert J. Colby, Newbury; David Comisky, Danvers; Richard E. DeConto, Haverhill; Charles H. de Grandpre, Ipswich; Kenneth L. Doherty, Everett; Joseph L. J. Eggleston, Lynn; Roy S. Graves, Jr., Danvers; Frederick Hall, Haverhill; Ralph L. Hayward, Andover; Leo J. Hebert, Jr., Saugus; John Horgan, Danvers; Arthur and Stanley Johnson, Lexington; Robert E. Kearney, Lynn; Elbert Kitfield, Manchester; Francis Kivell, Lawrence; Wilfred Love, Jr., North Andover; Robert Lagasse, West Newbury; Donald R. Macdonald, Lynn; Paul W. Marsland, Lawrence; Edward J. McGurn, Jr., Danvers; William H. Murphy, Jr., Peabody; Norman Nault, Lawrence; Robert Parker, Peabody; Ralph A. Patscheider, Ralph Peterson, Lawrence; Elbridge Pratt, Jr., Haverhill; Robert N. Reinhold, Beverly; Robert B. Riley, Chelmsford; Francis Russell, Peabody; William Rust, Beverly; Charles G. Savage, Newbury; Benjamin Smallidge, Essex; Prescott Spaulding, West Newbury; Roger Stewart, Lynn; Bradford N. Thewey, Marblehead; John E. Wallace, Stoneham; Phillip G. Webb, Ballardvale; Gilman B. Whitman, Danvers; William P. Ward, Jr., Beverly.

APPLES FOR PUPILS

Maybe an "apple for the teacher" is out of date, but an apple a day for the pupil very definitely should not be, and will not be for about 6 million boys and girls in school this fall. Millions of pounds of nourishing food, grown to be eaten—including apples—and millions of school children who should eat the food to grow, are being brought together by Community School Lunch programs.

Huge stores of nourishing foods, such as corn meal and graham and white flours, will be whittled down by young appetites when made into bread, muffins, and puddings; other foods too—fruits and vegetables, and dairy products and eggs.

The idea behind the School Lunch Program helps explain why it is popular. Broader markets, too, are opened for the whole farm production, providing an incentive for farmers to keep total production on the upgrade to meet war requirements.

How do the foods and the children get together? The biggest food buyer in the U. S. today is the Agricultural Marketing Administration of the U. S. Department of Agriculture. Much that is purchased goes into school lunches—455 million pounds last year.

ALUMNI NOTES

John Lynch of the Class of 1934 is manager of the Oldfields Farm in North Andover, owned by Bradford Lewis.

Lorin Clark '32, Superintendent of Trees for the Town of Marblehead, was a recent visitor at the school. Mr. Clark is interested in learning the present addresses of members of his class.

Phillip Webb of Andover of the entering class, makes the fifth person from this family to enroll at the School, Bradford '31 and Alfred '34, graduates of the Agricultural Department, Ruth a former student and Adelaide '40 of the Homemaking Department.

A pretty home wedding took place at the home of Mr. and Mrs. Howard P. Phelan, 20 Orne Street, Salem when their daughter Barbara of the Class of 1940 was united in marriage to Lieut. Arthur W. Glackin Jr., U. S. A. of Danvers and a member of the Class of 1936 at Essex Aggie. Mrs. Glackin is employed in the cafeteria of the Salem Telephone Co. After a brief honeymoon the groom will report to his new station in the west.

ANNUAL PICNIC

The students and faculty of the Homemaking Department enjoyed their annual picnic on Wednesday, September 23 on the school campus. This picnic was sponsored by the Echo Club. Delicious refreshments were served by some of the senior girls. The highlight of the event was the dressing-up of a girl from each group in newspapers with the use of scissors and common pins.

Gloria Tondreau, a Senior won first prize as a "Wave"; Marilyn Ostler, a Senior, second prize as an old fashioned girl; and Maureen O'Leary, a Junior, as a fairy won third prize. Mrs. Beatrice Couhig, the coach, also provided other interesting games with the faculty taking part too.

Leona Fregeau

"APPLES FOR VICTORY"

"An apple a day keeps the doctor away." Home canners are urged to put up more apples for winter use. This statement was issued in connection with the designation of apples as Victory Food Specials by the Agricultural Marketing Administration of the United States Department of Agriculture. There are many different ways we may serve apples. They may be used in puddings, muffins, sauces, or they may be baked in a variety of ways or they are especially good raw.

Apples are of good food value and they are very plentiful this year.

Below are two recipes we may use:

Spicy Apple All-Bran Muffins

- 2 cups flour
- 3 1/2 tablesp. baking powder
- 1/2 tablesp. salt
- 1/4 tablesp. cinnamon
- 1/4 tablesp. nutmeg
- 1 1/2 cups all-bran
- 1/3 cup shortening
- 1/2 cup sugar
- 1 egg
- 1 cup milk
- 1 cup finely chopped raw apple

* * * *

- 2 tablesp. sugar
- 1/4 tablesp. cinnamon
- 1/4 tablesp. nutmeg

Method: Sift flour with baking powder, salt, cinnamon and nutmeg. Add all-bran. Cream shortening, sugar and egg and beat well. Add flour mixture alternately with milk. Fold in apples. Fill muffin pans brushed with shortening, two-thirds full, sprinkle with mixture of sugar, cinnamon and nutmeg. Bake in moderately hot oven, 425° F., about 20 minutes. Yield: 20 muffins (2 1/4 inches in diameter).

Apple Roll

- 6 apples cored, and sliced
- 1 cup water
- 2 cups flour
- 4 Tablesp. baking powder
- 1/2 tablesp. salt
- 4 Tablesp. shortening
- 1/4 cup brown sugar
- 3 Tablesp. butter
- Sprinkle of cinnamon

Cook apples until tender in the water and sugar. Cool and spread on the rolled dough.

Sift the flour with the baking powder and salt. Cut in the shortening, and add milk until a soft dough is formed. Roll on a floured board to 1/2 inch thickness. After the apples are spread evenly on the dough, dot with the brown sugar and butter blended together. Sprinkle with cinnamon, and roll in jelly roll fashion. Cut into slices or bake as a roll in a moderate oven (375° F.) for 30 minutes. Serve with warm hard sauce or cream.

Alternate filling: After rolling dough, brush over with melted butter and sprinkle with finely chopped, pared apples, 2 tablesp. chopped seeded raisins, 1/2 cup brown sugar, 1/2 teas. ground cinnamon and 1/2 teas. minced lemon peel. Roll and continue as above.

Grace Marshall.

CAKE IS A SOURCE OF ENERGY

In spite of sugar rationing, you can still have your cake and eat it, too. Frostings and fillings can be made with very little or no sugar and still be good looking and good to eat. Cake has a rightful place on war-time menus—it is a good source of energy, but because it is high in calories, let the family enjoy it as a dessert accompaniment.

Three-Egg Cake

- 3 c. sifted flour
- 4 tsp. baking powder
- 1/2 tsp. salt
- 1/2 c. shortening
- 1/2 c. granulated sugar
- 1 c. white or dark corn syrup
- 3 eggs, separated
- 1 c. bottled milk, or 1/2 c. evaporated milk and 1/2 c. water
- 1 tsp. vanilla extract

Sift together three times flour, baking powder and salt. Work shortening with spoon until fluffy and creamy. Gradually beat in sugar with spoon until fluffy. Add 1/2 cup corn syrup in small amounts (about 2 tbsp. at a time), beating with spoon after each addition until well blended and creamy. Do not spare the beating at this stage, as a well blended shortening, sugar, and syrup mixture give the best results. Beat egg yolks with egg-beater until thick and lemon colored; then add to shortening mixture, beating with spoon until blended.

Add sifted dry ingredients alternately in fourths with combined milk and vanilla in thirds, stirring gently in circular motion just enough to blend. Overbeating will produce a less tender cake. Beat egg-whites until quite stiff; then gradually add 1/2 c. corn syrup, while beating. Add to cake mixture and fold in thoroughly. Bake in moderate oven of 350 F. for 40 min. or until done. Cool well before. Fill and frost top and sides of cake with Mocha Chocolate frosting. Outline edge of cake with coarsely chopped walnuts if desired.

Mocha Chocolate Frosting

- 4 sq. (4 oz.) unsweetened chocolate
- 2 2/3 c. canned sweetened, condensed milk
- 6 tbsp. hot coffee beverage

Melt chocolate in double boiler. Add milk, and cook over boiling water, stirring constantly, until mixture is thickened and holds its shape when dropped from spoon. Remove from heat; add coffee, and stir well. Chill until of spreading consistency. Fill and frosts generously top and sides of two 9" layers. If desired, make half the recipe to fill and frost only the tops of two 9" layers.

Chocolate Cake

Make three egg cake, reducing flour to 2 1/2 cups and baking powder to 3 tsp. Add 1/4 tsp. baking soda to dry ingredients. Beat 2 sq. melted unsweetened chocolate into cake mixture after adding yolks. Fill and frost with Fluffy 7 minute frosting, using dark corn syrup and making flower swirls on top of cake with a spatula; outline swirls with grated semi-sweet chocolate.

GARDEN CHAT

Conservation calls for home and commercial vegetable gardeners to seed down all available land to be planted to crops next year with Winter Rye. Why permit leaching of plant food to wash away available plant food during the winter months, when a little forethought would conserve it and make plant growth? This crop turned under next Spring will add much to plant food which will aid the crops you will plant next season. Seed Rye at the rate of 1 1/2 Bu. per acre or 2 lbs. per 1000 sq. ft.

Clean up all weeds, crop leaves, etc., and put them on to the compost pile to rot down. Lawn mowings and the Fall leaves will add to this pile as well. As you build this compost pile add a layer of lime every foot or so to hasten the decay of the material. The pile should be turned over several times during the year. This material will add much organic matter to the soil if applied to the garden area. If the material were kept to allow further rotting, you would have an excellent material to top dress your lawn during the Spring of 1944.

Chives, parsley and mint should be potted now to give you pickings during the winter. In lifting these plants have a good ball of soil with the root and firm well in a flower pot or box. If the soil is dry it would be well to wet the soil down several hours before lifting to give the roots an opportunity to absorb water before moving. Then wet down well after transplanting.

If your beet tops are quite reddish you will know that your soil is on the acid side and therefore would respond to lime next season unless you were to plant potatoes or strawberries. These crops prefer a slightly acid soil. Perhaps your beet tops have not grown well. If your beet tops have been reddish you know the answer as they prefer an alkaline soil. This holds true for most of the crops as well. A good crop of rye turned under next spring along with an application of lime and a mixed fertilizer should make for ideal conditions for better crops.

C. M. Stearns

MILK

Each 100 pounds increase in the size of dairy cows means an annual increase of about 600 to 800 pounds of milk to the cow.

Fluffy 7-Minute Frosting

- 2 egg whites
- 1 1/2 c. white or dark corn syrup
- Pinch salt
- 1 tsp. vanilla extract, or 1 1/2 tsp. almond extract

Combine first three ingredients in top of double boiler, and beat with egg beater until ingredients are mixed. Place over rapidly boiling water, and beat constantly with egg-beater for 7 min. or until frosting stands in peaks. Remove from water; add extract. Fill and frosts tops and sides of two 9" layers.

Anna J. Smith



4-H Club Notes



SINGER SEWING MACHINE CONTEST

As we go to press the Singer Sewing Machine Contest is being held in Boston for the eastern counties and Barbara Low of Beverly is the delegate from Essex County.

To enter this contest, contestants must be at least 14 years of age and not over 21. Each contestant must take to the contest with her a pair of cotton sleeping pajamas she has made this year. These must be properly labeled giving the itemized cost. She must furnish her own personal sewing equipment, and bring to the contest a man's shirt at least size 15" neck, which is too worn to be of value yet having sufficient good material to make into a child's apron size 2.

From this shirt the contestant will make an apron, the pattern, findings and sewing machine will be provided her. Edges of the apron will be bound, using the binder attachment. The contestant will be asked five questions about the care and use of a sewing machine.

A portable electric sewing machine will be awarded to the winner of the state-wide contest and the results will be published in the November issue of this paper.

4-H AND TOPSFIELD FAIR

The 4-H Club Department is indebted to many for their help in making our part of the Topsfield Fair a success. Mrs. Margaret Dozier of Lynn, Mrs. Mary Webb, Danvers and Mrs. Alice Albrecht, North Andover, headed up the committees in the dining room and lunch counter.

Space on this page will not permit of our naming all who worked at the fair in putting the 4-H program over. We appreciate every bit of your efforts.

NATIONAL CONTESTS

Every year at this time, 4-H Club members who have done outstanding club work have an opportunity to compete for County, State, and National honors. Selections are made on the basis of written reports, record books, and narrative stories. County winners compete for State honors, and the State winners are given a prize trip to the National 4-H Club Congress in Chicago.

Outstanding 4-H girls have been selected to compete in the clothing record, canning, food preparation, and All-around Home Economics contests. The County winners will be announced shortly.

GOVERNOR SALTONSTALL VISITS TOPSFIELD FAIR

Governor Leverett Saltonstall visited Topsfield Fair and showed great interest in the 4-H exhibits. The Club agent received a letter from him, part of which follows:

"Just a line of congratulations to you and the boys and girls of the 4-H Club for the splendid work that you are doing as evidenced by the displays which I saw at the Topsfield Fair.

The ideals of your organization are important to the well-being and health of our young people and surely will be helpful in working out the problems that face the country in the future.

With kind personal regards,

I am sincerely yours,
Signed, Leverett Saltonstall
Governor of the Commonwealth"

Although this message was addressed to me I wish to share it with the 4-H leaders and club members of Essex County. The leaders through their help to the young people are really doing the work mentioned by our Governor. Without the loyal cooperation of the 4-H members and leaders at Topsfield Fair, there would not have been an exhibit at the fair. 4-H leaders and members, His Excellency has complimented you on your Fair exhibits of which you can be justly proud.

Byron Colby
County Club Agent

HOME ECONOMICS AT THE FAIR

In the home economics projects at the Topsfield Fair, 235 prizes were awarded to 4-H club members. These projects were clothing, canning, foods, home furnishing, crafts and notebooks.

These 235 prizes were awarded to 84 individual club members and 6 club groups, with a total of \$147.25. Thirteen prize winners of Greenwood (Middlesex County) won a total of \$14.75; Danvers, 12 prize winners \$37.00; Beverly 25 winners, \$38.75; Wilma Welch of Danvers was sweepstakes winner.

There was a greater distribution of prize winners throughout the county this year than last year. More towns were represented. In many cases, first year members were among the winners.

The canning exhibit was outstanding, and included 700 jars. Clothing was also larger, and the quality of workmanship was much higher than last year. 4-H club members made the garments in the Renovation exhibit in the School booth in the grange building. They also did some of the canning used for illustrations for Miss Weld's demonstrations in the Industrial Building.

GARDEN CLUB WINNERS

At the Boston Horticultural Show August 27 and 28 the following young people exhibited and won prizes: Norma Bennett, Danvers; Lorraine Bennett, Danvers; William Hayman, North Andover; Boyd Berrett, Saugus; Charles Moore, Danvers; Patrick Eisan, Saugus; Metcalf children from Saugus Oscar, Jacqueline, Thomas, Marjorie and George; John Caskin, Danvers; Barbara and Nathalie Smith, Middleton.

The Horticultural Show was a state wide 4-H vegetable exhibit and was the largest 4-H exhibit ever held at Horticultural Hall.

Judging Contest was held on August 28 and the Essex County team won with 806 points. Barnstable County team was second with 700 points, Plymouth, third with 692 points.

James DeAdder of North Andover was high individual in the Senior contest with William Hayman also from North Andover, second. These two boys won high awards in the contest last year.

TOPSFIELD FAIR WINNERS

William Hayman and James DeAdder received first and second prizes in the 4-H vegetable contest at Topsfield Fair.

Bruce Waybright, Saugus won first and third, in the open contest competing with 4-H and Vocational students. Boyd Berrett, Saugus was second, in the poultry judging.

The Essex County 4-H team composed of Bruce Waybright and Robert Steadman of Saugus and Arthur Thurston, Rockport was first 4-H team; and second team in the open contest.

The 4-H Dairy team composed of Charles Savage, Newbury, Robert Hicks, Wenham and Robert Woodworth of West Newbury was first 4-H team, with 590 points, Middlesex had the second team with 586 points and Hamden County was third with 569 points.

Jerold Chadwick of West Buxford was second high man in the open contest and the 4-H contest too. This was Jerold's second time in a 4-H judging contest.

Gladys Kimball of Haverhill competing for the first time won the open showmanship contest and a beautiful ribbon. She competed with the 4-H as well as the Vocational students.

Joseph Rolfe, Newbury won first place in the novice showmanship class.

In the 10-15 years of age 4-H Showmanship class Dexter Blackadar, Haverhill, won first place and his brother Albert second place. Dexter was chosen Champion 4-H Showman, and this was Dexter's second year of 4-H work.

ESSEX FARMER AND HOMEMAKER

VOL. 24

HATHORNE, MASS. NOVEMBER, 1942

NO. 11

Entered as a second-class matter, May 28, 1919, at the Post Office at Hathorne, Mass., under the Acts of August 24, 1912.

Graduation Exercises, Class of 1942

It seems very likely now that Graduation Exercises for the class of 1942 will be held in the Assembly Hall of the Main Building of the Agricultural School on November 24 at two o'clock.

Uncertainty in regard to the place for the exercises has been largely due to the fact that the Peabody Institute in Danvers, where the exercises are usually held might not be heated this winter because of the fuel situation. It now seems quite clear that it will not be, and it is planned to hold the exercises on the School Campus.

The Alumni Association has just recently voted to hold its banquet and dance on the evening of graduation, as has been the custom for many years. President Cassano is hopeful of having a fine representation of the various class groups represented in the Association, just so far as people can possibly find transportation to get to and from the School on that date.

The speaking program for the Graduation Exercises has been very nearly determined. The Reverend Gordon Bigelow, Pastor of the First Baptist Church of Beverly, Massachusetts, will give the address to the graduating class. A student speaker has been selected and is in training in the Homemaking Department, and a representative from the Agricultural Department will have been decided upon before this article goes to press. A somewhat smaller than usual glee club group under the direction of Mrs. N. Woodbury Bragdon of Danvers is preparing a number of songs.

It is hoped that the parents of all the candidates for graduation will be able to attend the exercises. Many graduates will not be present because they are actively engaged for Uncle Sam in the armed forces of the Country, but the presence of their parents is desired.

Mr. Melville G. Grey of Wenham will represent the Board of Trustees in awarding diplomas to the candidates or to their parent representatives.

ATTENTION BEEKEEPERS

After the first freeze up the feeding of sugar syrup should be suspended and if the hives do not have sufficient stores for the winter "Bee Candy" should be fed to make up the difference.

"Bee Candy" of course is made from sugar and the usual source of obtaining it has gone out of business, so that it will be necessary to know in advance the exact amount required in order to get another candy maker to prepare the "Bee Candy." As he will not stock it, requests must be made early to George A. Meigs, Essex County Agricultural School, Hathorne, Mass., so that orders may be pooled.

Let Us Take Care of What We Have and Buy Only What We Need

As shortages become greater, then we should bend our efforts toward more strict conservation. Let us try to make our garments last longer by pressing, cleaning and renovating. When we feel they must be discarded let us save the zippers, snaps, hooks and eyes for future use. Let us remember that the cloth in the garments we already own is probably of better quality than we can buy in something new, for believe it or not some of the new sources of clothing are milk, fish protein, yucca plants and glass.

When we do buy a dress let us look for these things: a comfortable fit across the shoulders and bust, for strain at these points will not give good wear, ample seams, a two inch hem, to allow for skirt length adjustment, and let us buy a color that will harmonize with our coat and hat.

Our shoes come in for strict conservation, for by 1943 there will probably be only one half the amount available as was formerly. Let us keep them in good repair and proudly wear them even if they have been re-soled.

Our rayon stockings for although they look as well as silk must have different treatment. We must wash them carefully, **dry them thoroughly**, before wearing, because rayon when damp is a weak fibre.

Let us all show our patriotism by conserving.

Abbie Clapp
Clothing Instructor

HIGH POTATO YIELD

George W. Kinney of South Hampton Road, Amesbury has a record yield of 524 bushels per acre of Chippewas potatoes this year. This is one of the highest if not the highest yield ever recorded in Essex County.

The Kinney Farm, operated by George W. Kinney and his son Herman, has been the largest single producer of potatoes in Essex County for a number of years.

Dairy, potatoes and rutabagas have always been the main crops on this successful farm. Since January 1, 1942, Herman has taken over the old Kinney Farm. However the father, George W. Kinney has purchased a neighboring farm on which this record yield was recorded.

C. O. Cartwright
Asst. County Agent

"Home is a Domestic Sanctuary"

Everyday we as individuals are confronted with new problems and have to adjust ourselves to constantly changing situations. If we are to meet these challenges we must see to it that our health, both mental and physical, is as near 100% as we can make it. Since no one can forecast what we may be called upon to face from day to day we must strive to acquire a high degree of stability. One way to help us achieve this attitude is to recognize that yesterday is gone, tomorrow has not arrived, but today is here and we must do our best in every situation.

New attitudes must also be established in the family group. In recent years families have not been as closely integrated in their interests, ideals and activities as in the past. There have been too many outside attractions that have tended to draw the individuals away from the home for their social and recreational activities. There are all too many instances of people living in a house and not in a home. The automobile has made distant places seem very close at hand. We have come to accept all kinds of labor saving devices as essentials in our daily life. Do not all these facts tend to indite our present mode of living?

In order to correct this condition each and every family should start now to know and be interested in the individual activities of its members. A plan should be made for some type of program within the home that will include the whole family. Possibly one night each week can be set aside as "Family Night at Home." We might include as part of our activities in the home the reading of some books that have to do with the life of early American pioneers and the experiences of those families in establishing new homes. There is much to be gained from their simple way of life.

Uhl and Powers in their book "Personal and Social Adjustments," make this statement, "If present day parents hold fast to the good of the past and if they use their present equipment effectively, they are, in these respects, better than parents in earlier times."

May we take the definition submitted by Miss F. Luena Williams to the National Association of Real Estate Boards as our standard for a home. "Home is a domestic sanctuary, wrought out of desire, built into memory, where kindred bonds unite the family in sharing labors, leisure, joy and sorrows."

Ethel M. Moore
Educational Manager,
Homemaking Dept.

Essex Farmer and Homemaker

HATHORNE, MASS.

Published monthly by the Trustees of
the Essex County Agricultural School

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NITROGEN FERTILIZER RESTRICTED

War Production Board Conservation
Order No. M-231 restricts the use and
delivery of fertilizer on and after Sep-
tember 12, 1942 to the grades desig-
nated below for Massachusetts.

0-14-14	3-12-15	*5- 3- 5
0- 9-27	4-12- 4	5-20-10
0-20-20	4-10-10	*6- 3- 6
3-12- 6	4-16-20	6-15-15
4- 9- 7 (recently added)		

(*for tobacco only)

All states may use plantfood carriers
such as Nitrate of Soda, 16% or above;
Sulphate of Ammonia, 20% or above;
Cyanamide, 20% or above; Superphos-
phate, 16% or above; and Muriate of
Potash, 50% or above.

Deliveries may be made by dealers or
agents of stocks of unapproved grades
of chemical fertilizer in their hands on
the effective date of this order and any
person may use stock on hand.

No manufacturer, dealer or agent
shall deliver any chemical fertilizer con-
taining chemical nitrogen in packages
less than (100) one hundred pounds.
Stock on hand in bags of 80 lbs. or over
may be sold in not less than 80 lb. bags
until the lot or supply of bags is ex-
hausted.

No fertilizer manufacturer, dealer or
agent shall, prior to November 15, 1942,
deliver any chemical fertilizer contain-
ing nitrogen except for use during 1942.

Washington authorities state that
farmers will obtain fertilizers contain-
ing nitrogen on the basis of last season's
usage, with due allowance for any
change in acreage. Simple forms filled
out by the farmer showing the tonnage
and crops last year will form the record
for supply this year. The total nitro-
gen contracted for this coming year in
new grades and straight nitrogen car-
riers must show about a 25% cut from
that used last year, proportionately for
the acreage cropped, to achieve the ob-
jective.

Calton O. Cartwright
Assistant County Agr'l Agent

ARTIFICIAL MANURE

With the restricted use of nitrogen
fertilizers made necessary to win this
war and the shortage of farm manures,
it is of paramount importance that
everyone conserve all nitrogen available
from any source.

Experiments of the Mass. Experiment
Station show that artificial manures
equal to animal manures in both plant-
food and production value may be made
from any non-woody plant material such
as leaves, weeds, straw, corn stover,
garden and cannery refuse, lawn clip-
pings and even kitchen garbage, if the
greasy portions are disposed of in some
other manner.

For small scale preparation a shallow
pit about a foot deep can be used to
advantage, but any level place will be
satisfactory.

The pile should be built in layers with
a few handfuls of a good garden fer-
tilizer, such as 5-8-7 scattered on each
new supply of organic material that is
added. One or two shovelfuls of gar-
den soil sprinkled on each layer will aid
in inoculating the pile with the neces-
sary decomposition bacteria. If the or-
ganic material is dry, it should be damp-
ened with enough water to wet it well
but not enough to leach out of the bot-
tom of the piles. Keep the pile moist
during a dry season. Shoveling the
material from one pile to another two or
three times during the season will
hasten decay and give better decompo-
sition.

The artificial manure is ready for use
in about four to five months when de-
composition has stopped and the plant
material has lost its original structure or
characteristics. Tree leaves used alone
usually take a longer time to decom-
pose than other materials.

One hundred pounds of garden fer-
tilizer will be sufficient to make a pile of
approximately 125 cubic feet.

Details for large scale production may
be secured upon request.

Calton O. Cartwright
Assistant County Agr'l Agent

POULTRYMEN RE-ELECT OFFICERS

The 14th Annual meeting of the Essex
County Poultry Association was held at
the School, Wednesday evening, October
21. Following dinner the annual busi-
ness meeting was held and the entire
slate of 1942 officers were re-elected.
J. Warren Chadwick, President; G. Lor-
ing Hooper, Vice President, Elmer O.
Peterson, Treasurer and John E. Milti-
more, Secretary. Executive committee
members are William Appleton, Norman
Morgan and Dimon Lockwood.

The program included a colored mov-
ing picture "Called to the Colors;"
Frank Madden of Boston, entertainer
and a talk by Prof. Gay T. Klein, Mas-
sachusetts Extension Poultry Husband-
man. Prof. Klein spoke on "Manage-
ment Practices during the War." He
discussed labor shortage, scarcity of
equipment, ceiling prices and gave help-
ful suggestions for meeting these prob-
lems.

John E. Miltimore, Sec.

USE OF 0-14-14 FOR TOP DRESSING GIVEN

Permission has been given for the use
of 0-14-14 fertilizer furnished to Mas-
sachusetts farmers under the A.C.P. for
top dressing biennial legumes, red and
alsike clover. This is in addition to
approval already given for its use in the
planting of annual, biennial or peren-
nial legumes for forage or cover crops or
permanent pastures, or as a top dressing
on permanent pastures or good stands of
alfalfa or ladino clover.

Local committeemen have been so ad-
vised, and are now taking requests for
the fall's shipment for farmers eligible
to receive 0-14-14.

SUPPLEMENT

ESSEX FARMER AND HOMEMAKER

SCHOOL NOTES

NOVEMBER, 1942

GRADUATION GLEE CLUB

The girls of our school who are in the glee club play an important part in the program for graduation.

Mrs. N. Woodbury Bragdon of Danvers who in past years directed the "Glee Club" also leads it this year. In order to rehearse, the girls are giving up their noon study periods.

The songs that they are rehearsing are:

"Folk Dance"—Gabriel-Marie
"National Song"—Scollard and Grieg
"Class Song at Parting"—Franz Abt

The girls who are taking part include, Altos: Gloria Tondreau, Constance Ormsby, Virginia Ayles, Hilda Gaudet and Priscilla Carter; Sopranos: Miriam Fitchuk, Mary Lovely, Mildred Sapientza, Grace Marshall, Rose Grasso, Florence Bartlett, Betty Barlow, Jean Burke, Mildred Murray and Marilyn West.

The boys who are in the chorus are Bruce Dawson, Richard Dufresne, Lenley Henshaw, Arthur Mills, Walter Mills, Albert Miles, Malcolm Noyes, Edward Moran, Ralph Marshall, Benjamin Sayles and Roy Fitzgerald.

Claire Gillespie

GRADUATION

Graduation is usually held in the Peabody Institute in Danvers. Owing to the shortage of fuel, the Peabody Institute will not be heated this year, so graduation will be held in the Assembly Hall in the Agricultural Building, on Tuesday, November 24 at two o'clock. Many of the graduating class will not be able to attend this year as several of the boys have enlisted in the services of our Country, or are working in defense plants and a number of the girls have gone into hospitals to train as nurses. From the Homemaking Department, Lorena Loeffler will be the student speaker. Her subject will be "Nutrition in Theory and Practice."

Gladys Robertson

SALADS FOR THANKSGIVING

Now that Thanksgiving is drawing near we should take into consideration the amount of sugar we have to use in preparing the holiday dinner. The following recipes are examples of sugar conservation in that little or no sugar are used.

Frozen Cranberry Cheese Salad

4 ounces cream cheese
½ cup Ocean Spray Jellied Cranberry Sauce
2 Tblsp. lemon juice
¼ tsp. salt
1 cup heavy cream, whipped

Beat cheese until smooth, add cranberry sauce, lemon juice, and salt. Whip until thoroughly mixed and smooth. Fold in whipped cream. Freeze. Serve in slices on salad greens, with desired dressing.

Cranberry Salad

1 pkg. lemon jello dissolved with
1 cup boiling water, cool slightly and
add 2 cups raw cranberries ground up
1 cup sugar
juice of 2 oranges, rind of 1 orange

Ruth Krankka

ECHO CLUB NOTES

On Wednesday October seventh the members of the Echo Club elected their officers for the coming year. The following week these officers were installed at an impressive Candle light service. The outgoing officers each had a lighted candle and as each new officer stepped forward she lit the new officer's candle from hers.

The officers installed were as follows: Leona Fregeau of Marblehead, who succeeded Dorothy Rowbottom of Danvers, as President. Pauline Marsland, Lawrence, Vice President, who succeeded Doris Donze, Methuen, Evelyn Kent, Groveland, Secretary, who succeeded Carolyn Archambault, Methuen. Constance Ormsby, Ballardvale, Treasurer, who succeeded Margaret Purcell, Lawrence.

Claire Gillespie of North Andover was installed as chairman of Budget committee and Virginia Ayles, Peabody, was installed as chairman of the Program Committee.

Our president and chairman of the program committee were delegates last summer to the American Home Economics Convention, which was held in Boston. These girls have many new ideas which they plan to use in our club meetings this year.

Eleanor Cook
May Duckett

FIRE PREVENTION WEEK

The second week of October was Fire Prevention Week.

Different organizations have inspectors going through all the schools, different homes and places of business to eliminate fire hazards. Our school, like others has frequent fire drills.

Most common causes of avoidable fires in homes are careless smoking, defective chimneys and flues, careless use of matches, defective electrical equipment and use of combustible dry cleaning liquids.

People should see that cellars are kept clean of rubbish, especially under stairways leading to and from cellars. Fuel supplies such as coal and oil should be kept in such containers as the amount stored requires.

Coal should be kept in cellars in a bin strong enough so that it will not expand. Oil should be kept in a legal tank and at a required distance from the furnace so that if an accident should happen the oil will not immediately strike the heater thus firing the whole dwelling in no time.

Paper and rags should not be amassed in loose piles anywhere in the house or building. Everything should be tied together or put in convenient receptacles so as not to form a hazard for fire.

People should be more careful as to where they leave matches or match books. These should be carefully put away as the slightest friction will cause them to ignite.

Remember that there is a War going on and also a term "RATION" ringing in this world; therefore we can not afford "FIRES".

Gloria Tondreau

POULTRYMEN'S DINNER

The Poultrymen's Association of Essex County held its annual meeting on October 21, at Essex County Agricultural School in the Homemaking Building.

After dinner there was an entertainment in the Assembly Hall where Frank Madden of Boston entertained.

The dinner was prepared by the students in their foods classes. The girls who were able to get transportation helped in serving and being waitresses.

The menu was as follows:

Tomato Juice, Crackers
Roast Turkey
Mashed Potatoes, Mashed Squash
Peas, Celery
Stuffing and Gravy
Parker House Rolls
Ice Cream and Cookies

The girls who served at the meeting are as follows: Priscilla Wright, Louise Wendell, Ruth Johnson, Edith Noyes, Betty Barlow, Cynthia McAuley, Dorothy Lawton, Theresa Morasse, Polly Little, Patricia Little, Hazel Parah, Rose Dawkins, Claire Gillespie, Miriam Fitchuk, Margaret Purcell, May Duckett, Edith Quinn, Virginia Ayles, Carolyn Archambault, Diana Olds, Jean Burke, Marilyn Ostler and Grace Marshall.

Margaret Purcell

THE ATTRIBUTES OF A D. H. I. A. SUPERVISOR

I believe a cow tester must first above all have a general knowledge of farming. Not only dairying, but also the other phases of farming. There are so many things that come next, I find it hard to decide between them as to the order they should follow.

1. He must be friendly to all and enemy to none except in his own mind.

2. He must know how to run the test and other things in which he should be trained. This includes knowing how to wash bottles in the farm kitchen without washing the floor.

3. He must have a good knowledge of figures and figuring. This includes addition, multiplication, division, and subtraction of whole numbers, decimals, and fractions.

4. He must be neat, clean and understanding of conditions. Also be able to meet all conditions and problems with a smooth solution.

5. Most of the records to be kept are self explanatory. The 305 day and all the various government records plus the financial bookkeeping are all necessary but do come along very simply.

6. He must lend a helping hand sometimes and not sulk or gossip about conditions on the farm before. Most farmers can use helpful hints but won't ask for them, which means the tester must be the first to speak.

7. Without a doubt the figures are the biggest part of the job, but these are easy enough as compared to the above mentioned if a person lacks the natural tendency to act this way. I have found that most of the figuring can be done on one side of a piece of paper 4 x 6 inches. No matter if there are 10 or 110 cows in the herd.

Joseph Roche

FACTS ABOUT PICKING APPLES

Before picking a tree of apples make sure all drops are picked up under and around the tree. All drops are placed in bushel baskets.

When picking a tree of apples make sure all apples are picked with stems attached. Apples are picked with stems to prevent them from rotting when packed. Also make sure when you pick apples that spurs are not broken off from the tree. When you start to pick begin around the bottom of the tree so when you place ladders against the tree you will not knock down any apples that are against it.

If you come across any apple with worms or large coating of scab put them in with the drops. Do not pick all green apples or all red apples for this is to prevent having all green apples in one box and all red apples in another. When through picking a tree check up around the tree and on the tree for stray apples so as to leave a clean tree.

Leo J. Hebert, Jr.

SUMMER PROJECT AWARDS

Each year before the close of school in June every girl in the Homemaking Department decides what her project for the summer shall be. The report of such work for those who return in September must be in on the day they return. Each project of the girls who return to school is judged and awards are presented at a morning assembly. The girls who graduate in November have until the latter part of October to complete their project. This year Miss Ida Davis, Assistant 4-H Club Agent made the following decisions:

Foods and other work

Juniors

- 1st Mildred Sapienza
- 2nd Evelyn Kent
- 3rd Constance Ormsby

Seniors

- 1st Carolyn Archambault
- 2nd Grace Marshall
- 3rd Mary Lovely
- Honorable Mention
Carol Wendell
Margaret Purcell

The senior clothing this year was divided into two groups.

- 1. Cotton Fabrics
- 2. Silk, wool and pile fabrics

Senior Cotton Group

- 1st Leona Fregeau
- 2nd and 3rd Eleanor Cook

Senior Woolen Group

- 1st May Duckett
- 2nd and 3rd Marilyn Ostler

Junior Clothing

- 1st Alice Souza
- 2nd Alice Souza
- 3rd Maureen O'Leary
- Leona Fregeau

THE VACANT CHAIRS FOR VICTORY

In looking around our classrooms do we ever think that the vacant chairs we see, will in time bring the allies a glorious Victory? Because not only are there vacant chairs in our small school, but in schools large and small all over the world. There are other vacant chairs whose former occupants are scattered over the face of the earth. Some are under the ocean, on the ocean, in the air and on the land, all fine stalwart brave boys. Boys who were willing to leave their homes and all they loved and are even willing to die that we may occupy these other chairs free from the menace of bombs.

We think of them often and offer a prayer for them. We know they often think of us and remember their school days.

We who are left here must not fail them, being proud of them is not enough. We must keep the school fires burning, keep up morale and do all we can for defense, by conserving everything we can to help the war efforts. We should not waste school lunch food and we should conserve school supplies etc., we should make our clothing last. Last but not least, when our schoolmates return and the chairs are filled again we must feel that in some way we have helped to bring them back.

Mary Eliz. Carey

AN ACCOUNT OF MY WORK AT SCHOOL

There were many tests and adjustments the first week at school. They included a test to find out our agricultural background, another on identification of various articles and plants. Last was an army questionnaire. We were divided into groups and the instructors gave us information on the various departments of the school so that we have been able to adjust ourselves to the school curriculum.

Farm work was given to us the second and third weeks. The first of the two weeks was devoted to picking McIntosh apples. Here I learned to pick neatly and accurately leaving stems in the apples. My highest average in picking all day was 23 bushels; 20 hand picked and three of drops. The second week concerned filling silos with corn and pitching hay on to the hay wagons.

One day we took a trip to the Topsfield Fair, having with us sheets with various questions concerning agriculture. Different instructors showed us the exhibits and answered the questions that were on our sheets concerning the topic they were talking about. I learned many different breeds of cattle, goats, rabbits, etc., also many varieties of fruit and flowers. One of the most important things I learned at the Fair was to observe carefully things of importance that were being pointed out to us by our instructors.

Leo Hebert, Jr.

SPORTS FOR GIRLS

The athletically-minded girls of the Homemaking Department especially enjoy physical training with Mrs. Couhig as instructor.

All the girls participate in the following activities: tennis, volley ball, baseball, pinball, basketball, acrobatics, marching and somersaults. Since the girls do not have time to play against girls in other schools they must compete with the different classes of girls here. All the girls of the Homemaking Department appreciate the cooperation of Mrs. Couhig in building their teams for future games and sports.

Miriam Fitchuk

LIVESTOCK SHOW

The boys of the Dairy Classes will hold their Second Annual "Little International" Livestock Exposition, Wednesday, Nov. 18, at 2:30 on Bauer Field. Public is invited to attend.

EXTENSION NOTES

Fall programs are well under way for women who are interested in the various phases of Extension Service. As with all activities at the present time, Extension Service programs are carried on to suit changing conditions.

All over Massachusetts men and women known as Neighborhood Minutemen and Minutewomen of the town. Rural War Action Committee have volunteered to be responsible for passing on information to their neighbors and reporting on their problems. Minutemen have been organized in Essex County and Minutewomen are now being organized in Andover, Danvers, Haverhill, Methuen, Newbury and West Newbury.

As a result of Minutewomen contacts with homemakers in their neighborhoods, Meat Canning meetings are now being held in the county.

Coat schools for women interested in making over or in making new coats, are being held in Danvers, Marblehead and Andover. The Andover school is a leader training school for leaders from Andover, Methuen, Groveland and Beverly, who in turn are teaching a similar group in their own towns.

Christmas Greens meetings will be held December 1 in Lawrence, December 2 in Ipswich, December 3 in Peabody and December 4 in Gloucester. The morning session will consist of demonstrations of Christmas wreaths, centerpieces, table decorations, sprays, place card holders, mantle piece decorations and corsages. Those who attend may bring any type of greens that may be available and in the afternoon may make up some of the pieces demonstrated in the morning.

Several groups are attending nutrition meetings throughout the county. Interest at the present time centers around "The Packed Lunch" and "Meat and Meat Extenders."

Any woman or group of women who may be interested in any of the above programs may drop a card to the County Home Demonstration Agent, Essex County Agricultural School at Hathorne, Massachusetts, for information regarding any of these programs.

K. M. L.

ALUMNI NOTES

Reina Gumb '41, is managing the lunch room at the Stephen Barker School in Methuen.

Page Gifford '40, is enrolled at Inter-mont College at Bristol, Virginia.

Ann Foley '40, has entered training at the North Shore Babies' Hospital, Salem.

Agatha Stravinsky '42, has started training for nursing at the Massachusetts General Hospital, Boston.

Recent visitors at the school were Marion Noyes, Gertrude Barney and Marjorie Pierce, all of the Class of 1942. They are now working at the Salem Hospital.

Irene O'Brien '42, is employed in Ropes Drug store, Salem at their lunch and soda counter.

Christine Bruun '41, is engaged to Roger Leighton of Maine.

Edith Quinn

NOVEMBER 24, DATE FOR PERMITS TO DELAY PLOWING FOR CORN BORER

Extensive research work in the control of the European corn borer indicates that plowing early in May is as effective in the control of the borer as fall plowing. The object of this delayed plowing is to prevent erosion of fields that would be subject to erosion were they to be plowed this fall and to give an opportunity for seeding a soil-conserving cover crop.

The Division of Plant Pest Control is granting special permits to delay plowing until the first week in May 1943. A supply of applications is at the ACP Office, Room 34, at the School and may be had by making application to that office.

All requests for applications should be made by Tuesday, November 24.

NEW SALAD BULLETIN

Have you a copy of the new bulletin on Salads and Salad Dressings? According to Miss May E. Foley, Extension Nutritionist of Massachusetts State College, we may expect not only a scarcity but high prices on salad greens during the coming year.

Every available green vegetable and raw vegetable and fruit should be fully utilized. Cabbage will be the cheapest leafy vegetable so ways of varying it will be welcome. Raw spinach leaves, beet leaves, celery leaves, curly endive, strips of raw carrots, pepper, turnip and broccoli are delicious in a salad.

Apples are very plentiful in Massachusetts this year. Diced raw in the skins, they add color and interest to a cabbage salad.

The bulletin, Salads and Salad Dressings, may be obtained from your County Home Demonstration Agent, Essex County Extension Service, Hathorne, Massachusetts.

Katherine M. Lawler

FARM TRUCK CERTIFICATES OF NECESSITY

Farm truck owners who have not received by mail direct from the Office of Defence Transportation, a form to use in applying for a Certificate of War Necessity to operate on the highway should immediately notify the County Farm Truck Transportation Committee, Room 34 of the Essex County Agricultural School, Hathorne.

When so notifying the Transportation Committee, the farm truck owner should give his name, address, and the number of trucks for which he did not receive an application form, so that this information may be forwarded to O. D. T.

It is a government regulation that every truck operating on the highways after Nov. 15, must have a certificate of War Necessity.

W. Dana Bragdon
Essex Co. Farm Truck Transp. Com.

GARDEN CHAT

Two neighbors recently met on the street and during their conversation quite different viewpoints were noted as regards their vegetable gardens at the present time. Mr. Brown commented that the recent frosts had killed all of his crops and that he was sitting back to take things easy during the winter months and rest up for next season.

Mr. Jones in reply stated that his family were still enjoying fine carrots, cabbage, cauliflower and lettuce fresh from his garden. This aroused Mr. Brown's curiosity to know how it was. Mr. Jones replied, that he had been guided by a home garden chart furnished by the Essex County Agricultural School showing how fresh vegetables could be had during the entire season and as he was following the plan they were still enjoying vegetables just full of vitamins. Mr. Brown had planted only one crop and had not received all the vegetables he might have, had he planted some later crops.

Mr. Jones went on to tell Mr. Brown that even after all the vegetables were harvested his work was not over for this year. Mr. Jones told how he was planning to clean up all the old cabbage stumps, leaves, weeds, etc., and put them onto his compost pile, that will all rot down and make excellent lawn dressing or added back to his garden to add plant food. Mr. Jones invited Mr. Brown to come over and observe the healthy growth of winter rye which was growing in the unoccupied area of the garden. Here again, he followed instructions from the Agricultural School on green manure crops and when this is turned over next spring he will be adding considerable plant food. When you come right down to it, he went on to say, 2 lbs. of Winter Rye seed per 1000 sq. ft. is very inexpensive as fertilizer next year is going to be scarcer and higher in price.

Mr. Jones told Mr. Brown how much they were enjoying the canned beans that his wife had canned last summer and how good squash was keeping in his storage. "Oh yes," Mr. Brown said, "I put squash into storage too but mine are not keeping well." Mr. Jones went on to relate the storage conditions that he was following, namely plenty of good ventilation, fairly dry air and a low temperature, "there's the answer" said Mr. Brown, "my room is all closed up and it's quite damp."

Perhaps you are having similar problems that these men have experienced and would be interested to sit down with others of your own community and talk things over. Next season the demand for food is going to be more acute than it has been during 1942. Why not begin to make plans now for 1943? If the County Agricultural School can be of help to you and a group of home gardeners would like to go over just such problems, contact the School so you will be ready to do your part in the required increase of food during 1943.

C. M. Stearns



4-H Club Notes



ACHIEVEMENT WEEK

November 7-14

November 7-14 has been proclaimed National 4-H Achievement Week. Clubs all over the country will be having achievement days and reporting the success of their work. From time to time we will report some of the achievements of the Essex County Clubs.

The "Goldenites" of Saugus have already held their achievement night. During the summer this was a canning club with Mrs. Patrick Eisan their leader. The club held their exhibit at the home of Mrs. Waybright, Griswold Road, Saugus. About 150 jars of fruits and vegetables were on display. Five dollars prize money was contributed by an official of the Lynn Gas and Electric Co. and every member who exhibited received at least one prize. The 13 members all completed their requirements 100%, making a banner club.

CLUB AGENTS' CONFERENCE

The club agents from all over the state met in Worcester for two days this month. The conference was based on these two ideas. "Will it help win the War?" "Will the idea help develop Post war plans?" All food production and preservation should be stressed in the 1942-43 club year. The conservation of clothing, fuel, Farm and Home repairs are considered highly important during the war. All are urged to purchase War Bonds and Stamps during the year. Wherever and whenever possible the 4-H clubs will aid in Salvage drives.

4-H Clubs must help in every way possible during the coming year to make the labor load on farms lighter for the farmers.

Come On Essex County Let's "Hop To It."

CONTEST WINNERS

For their outstanding records of achievement the following girls will receive medals for County 4-H honors: Wilma Welch, Danvers, Canning; Dorothy Abbott, Andover, Clothing; Barbara Low, Beverly, All round Home Ec.

In the recent Singer Sewing Machine Contest, Clarise Allard of Hampden County was winner of the Electric Sewing Machine.

TO THE 4-H CLUB MEMBERS OF THE UNITED STATES

I want to congratulate you—1,500,000 4-H Club members—on your contributions during 1942 to the farm and home front and to the Nation's war effort. In a time of stress, you have helped substantially in enlarging the Nation's food and fiber supply, and in storing and preserving food. You have gathered thousands of tons of scrap metal, rubber, paper, aluminum, and turned them over to the Nation. You have aided in rural fire control programs and helped to spread throughout rural areas national nutritional program for the use of right foods and development of better health. Moreover, your work has helped make up for the loss of those who have left farms for the Army and Navy, or for war industries in cities.

All these contributions lead us to expect still larger things from you in 1943, not only in the production of food and fiber, but especially in helping to replace the manpower on the farms. More than ever before, the Nation needs the help of every one of you. I know that you are inspired by patriotism and have a deep faith in our Nation. I know that this Nation can depend on you to redouble your war efforts. You can do your part by producing and preserving food; taking part in salvage campaigns; helping on the farm and in the home; keeping well and strong; continuing your education; studying the meaning and significance of democracy; and purchasing war stamps and bonds. In all this work, we want you to know that you are a definite part of your Government's organization for helping to win the war and establishing a lasting peace.

Sincerely,
(signed) Claude R. Wickard
Secretary of Agriculture

NEW 4-H LEADERS

We welcome the following new leaders into the 4-H family; Mrs. Ryerson and Mrs. MacKay of Merrimac; Rita Hitchcock, Danvers; Mrs. Heathcock and Mrs. Holt, Georgetown and Dorothy Nowell of East Lynn.

ALUMNI NOTES

Theresa Lambert '41, has begun training at St. Peters' School of Nursing, New Brunswick, New York.

Justine Bishop '41, is at Nasson College in Maine where she is studying Home Economics.

Phyllis Cook '41, is assisting the dietitian at the Addison Gilbert Hospital, in Gloucester.

CLUBS ARE STARTING

Has your club already organized for the coming season? Or if you don't belong to a club, perhaps you would like to get together with some of your friends, with a parent or teacher as your local leader, and form a new 4-H Club. Now is the time to begin, so as to get a good start and learn how to do many things.

In girl's work, the clothing and foods projects offer many interesting programs that you could follow, for beginners right through to senior and advanced work. In a clothing club, once you have learned to sew, you can make many things for yourself and for your home, also make gifts for your family and friends. (Christmas will soon be here you know). As a food club member you can try out those favorite recipes; learn how to plan and prepare whole meals or how to be a "hostess."

As a 4-H Senior, you might like to organize a club in homecraft, or home furnishings, or child care. Many 4-H girls this year are taking care of children in their neighborhood. Club work isn't all work, you know. When you get together with your fellow members, you will include singing and recreation as part of the meetings. And during the year there will be inter-club get-togethers, exhibits and contests to look forward to.

Why not organize your club on a year round basis, from October to the following October? You could divide your work into summer and winter projects, and keep up your activities for an entire year. As many girls as possible should enlist in the "Victory Canning Project" next summer.

Join a 4-H club now, and do your part for Victory by building health and conserving materials.

Clubs that have already started and their leaders are:

"Busy Kitchen Girls"—Rowley
—Mrs. Goodwin
"Between the Book Ends"—Danvers
—Mrs. Colby
"Junior Workers"—Amesbury
—Mrs. Pierce
"4-H Sister Clubs"—Beverly
—Miss Parker
"Sunshine Girls"—Georgetown
—Mrs. Merrill
"Victory Stitch"—Rockport
—Mrs. Tuck
"Jolly Thimble"—Salisbury
—Miss Dawson
"Goldenites"—Saugus—Mrs. Harris
"Sew and So"—West Newbury
—Mrs. Fowler
Clothing Club—Danvers
—Miss Hitchcock
Foods Club—Merrimac
Mrs. Ryerson and Mrs. MacKay

ESSEX FARMER AND HOMEMAKER

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HATHORNE, MASS. DECEMBER, 1942

NO. 12

Entered as a second-class matter, May 28, 1919, at the Post Office at Hathorne, Mass., under the Acts of August 24, 1912.

Take Care of Household Textiles

The money invested in household textiles, in the average home represents a considerable sum. In wartime replacements are not always available, and the homemaker needs to consider ways by which she can conserve the bedding, towels, table linen, rugs and curtains that she has on hand.

When the present supply of all wool blankets is gone, replacements will contain large amounts of rayon and cotton. Chief enemies of blankets are moths and careless laundering. Store blankets which are not in use in sealed containers with a reliable mothicide. Blankets which are in use should be aired and brushed frequently, and the bindings kept in good repair. Launder with luke warm water and mild soap. Don't run the washing machine more than three minutes, loosen the rollers before the blanket is put through the wringer.

Purchases of large quantities of sheets and towels, by the government, makes conservation of these items important. Mend all breaks and tears in sheets. Reverse them putting the narrow hem at the top to distribute the wear more evenly. Some worn sheets may be cut down the middle and the edges stitched together. Pillow slips can be made from worn sheets. Worn bath towels can be cut down to make wash cloths or hand towels.

Few inner spring mattresses will be made for the duration, but repair parts are available. Broken springs should be repaired or replaced before the mattress becomes badly sagged. Turn the mattress alternately, side for side, and end for end, to distribute wear.

The spring should be turned occasionally, too.

Take good care of rugs. Turn them around to distribute wear. Clean and turn the rug pad and inspect it for moths.

Almost no linen is being imported. Available stocks of table linen and linen dish towels are diminishing rapidly. Remember that our grandmothers darned their linen table cloths, and cut worn table cloths down for tray cloths or napkins.

Replacements of table linen and linen towels, will be of cotton or cotton and rayon mixture. Since cotton and rayon do not give up stains as readily as linen we shall have to give more attention to stain removal.

Don't forget that moths may lurk in upholstered furniture. Frequent brushing or cleaning with a vacuum cleaner, turning cushions, and using slip covers, will keep upholstered furniture looking well for the duration.

Constance L. Maude
Science Instructor

Christmas 1942

As we approach Christmas 1942, let us recall its origin. The manger birth, the Christ child, the Star in the East, the Three Wise Men, the gifts. How wonderful it is to recall them. How near we are to them at Christmas.

This Christmas should mean much to all of us. Let it be a simple Christmas, filled with unselfish devotion to God and our Country. Let us invest all we have in bringing "Peace on Earth—Good Will toward Men."

ASSISTANT 4-H AGENT RESIGNS

At the meeting of the Board of Trustees of the Essex County Agricultural School on Wednesday, November 18, Miss Ida B. Davis, Assistant Club Agent in charge of 4-H work among girls submitted her resignation to take effect December 15.

Miss Davis' resignation was accepted with regret by the Trustees as she has done very fine work among young people in the two or more years she has been in Essex County.

Miss Davis has proved to be an efficient organizer and very fine leader of girls with whom she has been associated in this work. She leaves to take up other work in Taunton, Massachusetts, which is the residence of her parents.

It is the intention of the Trustees to fill the position as soon as suitable candidates can be found, it was announced by Director Harold A. Mstrom.

REGISTRATION FOR JANUARY EXTENSION CLASSES BEING RECEIVED

Registration for the extension classes in Essex County in Clothing and Foods are now being received by Mrs. Mary M. McIntire at the Extension office, Essex County Agricultural School.

On page 2, columns 1 and 2 is printed a directory of the School and County Commodity Committees. It is hoped that you will clip this page for further reference.

Graduation, Class of 1942

In spite of storm and the fact that many of the Class of 1942 could not be present at the graduating exercises the Assembly hall in the Agricultural Building was well filled with parents and friends of the class.

Rev. Gordon E. Bigelow of Beverly was the guest speaker. His theme was "I sat where they sat and I was astonished, and God spake unto me." He said in part that if we sit where they sat we will be astonished. This is true between people. It is true between classes. It is true between races and it must be true between nations. "When the new peace treaty is drawn up we must not say 'what do we get' but rather 'what are the economic needs of other nations'."

Rev. Allan W. Clark of the Calvary Episcopal Church in Danvers gave the invocation. Lorena Loeffler of Lawrence represented the Homemaking department and gave an essay on "Nutrition Theory and Practice." Ralph Reynolds represented the Agricultural Department and gave an interesting demonstration and talk on "My Training as a Laboratory Technician."

Melville G. Grey a member of the Board of Trustees presented the diplomas to the members of the class who were present and the diplomas of those boys who are in the armed services who could not be present were presented to their parents.

The Glee Club sang three selections with Mrs. N. Woodbury Bragdon directing. Jean Burke '43 played the opening and closing marches.

FOOD FACTS COLLECTED

from Here and There

Here's what the Russians are saying as they spread lard on their coarse, black bread, "It's unbelievable that there's so much food anywhere in the world as the people of the United States take as a matter of course."

American housewives, by storing a larger sack of flour than you have been buying, can help save a part of this year's tremendous wheat crop. For every two 24½ lb. sacks of flour stored in the home kitchen, more than a bushel of wheat can be moved into better storage. Kitchen flour storage is far from hoarding. It's patriotic.

"Hot-Dogs" a Wartime Standby

The trimmings of beef and pork which are prepared for the Army and for Lend-Lease will go into frankfurters. Civilians still will have their favorite "hot-dogs."

(Continued on page 3, col. 1)

Essex Farmer and Homemaker

HATHORNE, MASS.

Published monthly by the Trustees of
the Essex County Agricultural School

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Meeting House Hill, West Newbury

HOLIDAY CAKE

Honey is an easily digested natural food. It may be substituted for sugar reducing amounts of liquid by $\frac{1}{4}$. Since products made with honey improve in flavor and in texture, many housewives prefer to use honey for baked products. Foods containing honey must be baked slowly and for a longer period of time. Honey should be stored in a tightly closed container and kept at a warm temperature.

Apple Sauce Cake

$\frac{1}{3}$ cup shortening
 $\frac{3}{4}$ cup honey
1 cup apple sauce
2 cups flour
1 teasp. soda
 $\frac{1}{4}$ teasp. cloves
 $\frac{1}{2}$ teasp. nutmeg
 $\frac{1}{2}$ teasp. cinnamon
 $\frac{1}{4}$ teasp. salt
1 cup raisins
 $\frac{1}{4}$ cup walnuts

Cream shortening and honey well. Add apple sauce then flour, spices, salt and soda sifted together. Floured raisins may be added next and then the walnuts. Beat well, pour into a greased bread tin. Bake about one hour in a moderately hot oven (300° F.). This cake can be made several days previous to the time of use as the flavor improves with age.

Gertrude Frost

SOILS COURSE

Registrations are now being received at the School for the course in Soils. Instructor Alton G. Perkins will teach the course which will open on Friday evening January 8, and continue for 12 weeks with one lesson a week. There is no fee for the course but there is an expense of about \$1.50 for textbook. For further information write to Director Harold A. Mostrom.

MOLASSES

Molasses is nutritious, inexpensive, and can take the place of sugar in many recipes.

FORESTRY COMMITTEE

William L. Moses, Chairman
47 Moffatt Road, Salem

FRUIT GROWERS' ASSOCIATION

C. M. Wood, Secretary
29 Columbia Road, Danvers

GOAT BREEDERS' ASSOCIATION

Harry Guersteinburger, President
South Main Street, Andover

ESSEX COUNTY POULTRY ASSOCIATION

J. Warren Chadwick, President
West Boxford

RABBIT BREEDERS' ASSOCIATION

T. M. Roberts, President
189 Western Avenue, Lynn

VEGETABLE GROWERS' ASSOCIATION

Charles E. Holden, Chairman
115 Lynnfield Street, Peabody

SUPPLEMENT

ESSEX FARMER AND HOMEMAKER

SCHOOL NOTES

DECEMBER, 1942

SWEDISH WEAVING

The girls of the Junior classes are doing something quite different as a project in Handcraft because of the scarcity of many materials, such as leather, metals, woolen fabrics and other materials.

They are weaving designs on towels in a method which is called Swedish Weaving. This is done by first pulling the threads and then weaving in designs of various types in different colors. These designs are original and very attractive.

It is hoped that they will be useful gifts for girls to give to friends at Christmas time.

Olga Maklae

PHYSICAL FITNESS PROGRAM

During the upset conditions of the present time it is most important for everyone to keep physically fit. Each person should consider it her duty to do so. For this reason the Homemaking Department is attempting to help its students in following such a program. In the middle of the morning the whole student body has exercises such as a run around the outside of the building to stretch their legs after sitting, and then they go to their next period. There they have setting up exercises which include deep knee bending, trunk rotation, stretching and deep breathing.

Again in the afternoon they have the exercises for deep breathing only.

Both teachers and students enjoy this and feel much better for it.

Rose Devoe

If any one is passing the campus 9:00-9:15 each school morning he will see the students of the Agricultural Department out on the lawn having their exercises. (Ed. note)

ALUMNI OFFICERS ELECTED

Winslow Dunnells of Andover was elected President of the Alumni Association at their annual meeting. Mr. Dunnells is a member of the class of 1923 and next year they are to hold their 20th anniversary. Mildred Russell of Salem was elected Vice President from the Homemaking side and George Barlow of Methuen to represent the Agricultural side. William Abbott of Hathorne was elected a member of the Executive Board for three years. The Secretary-Treasurer, Eric Bergstrom of Salem has one more year to serve in that office.

PRIZES AWARDED AT GRADUATION

Graduation exercises of the Essex County Agricultural School were held on Tuesday afternoon, November 24, in the Assembly Hall of the Main Building.

The Balfour medals have been given the past several years for scholarship, loyalty and achievement. A key is given to the winner and their name is inscribed on a plaque, one in the Homemaking Building and one in the Agricultural Building. This year they were awarded to Robert Anderson of Gloucester and Elaine Kennedy of Danvers.

The Abraham Krasker medals are given for excellence in English while the students attended Essex Aggie. They were awarded to Edwin A. Hyde of Nahant and Lorena Loeffler of Lawrence.

Doris Donze of Methuen and Thomas Blanchette of Salem were awarded the Alumni prizes for the greatest improvement in academic work during their course at the school.

Harold Matses of Methuen was awarded the Roger Wheaton prize. This prize is given each year by Mrs. Wheaton in memory of her son Roger ex-1936.

Nancy Edmands

SEARS ROEBUCK PRIZES

This year at the graduation the Sears Roebuck prizes for Scientific Attitude and Method on Project were awarded. These prizes are medals and were given first prize to Wilfred Robidoux of West Andover. Second prize went to Robert A. Smith of Lawrence. Both of these boys were in the graduating class and the third prize was awarded to a Junior, Roger P. Boardman of Danvers.

CLASS OF 1942 GIFT TO SCHOOL

Helen Small of Danvers and Vice President of the graduating class made the presentation of the gift from the Class of 1942 to the school. This is the first time in the history of the school that a girl has had this part in the graduating exercises. Eugene Burr, President of the class is in the Service of his country and stationed in Florida.

The class gave \$25 to be used to add another piece on the sidewalk on the campus. The remainder of the money to be held until one year after the war when a scroll will be purchased with the names of the members of the class who serve in the armed forces inscribed thereon.

The Vice President read a telegram which had come from the President of the Class.

HONOR ROLL

During the first quarter of the year a number of girls of the Homemaking Department received all A's and B's and thereby gained a place on the Honor Roll.

The list of these girls follows: **High School Graduates:** Jane Barter, Beverly; Jean Burke, Fairhaven; Olive Doty, Salem; Mildred Murray, Lawrence; Marilyn West, Bradford; **Seniors:** Caroline Archambault, Methuen; Leona Fregeau, Marblehead. **Juniors:** Irene Champagne, Lawrence; Nancy Edmands, Wakefield; Rose Grasso, Lawrence; Evelyn Kent, Georgetown; Mildred Sapienza, Methuen. **Freshmen:** Betty Barlow, Methuen; Hilda Gaudet, Andover; Barbara Johnson, Danvers; Polly Little, Newbury; Theresa Morasse, Lawrence.

Grace Marshall

ARMISTICE DAY

On November 10, exercises for Armistice Day were held by the girls of the Homemaking Department. They were under the supervision of Mrs. Maude.

Grace Marshall of Peabody presided. The program was opened by saluting the flag and singing the song "America."

Leona Fregeau of Marblehead read the Governor's Proclamation for Armistice Day; Constance Ormsby of Balldvale read the selection "What America Believes In"; Rose Grasso of Lawrence read the selection "Unknown."

The program closed by singing the "Star Spangled Banner."

Mildred Sapienza

ALUMNI

Let's look and see what some of the former pupils and graduates of the Homemaking Department of the Essex County Agricultural School are doing.

Pauline H. Reed (a former student) was married November 11, to Joseph H. Hurdy Jr. of Rowley, Mass.

Helen Pettengill '42 is engaged to Robert Preston Chase of Hamilton.

Anna Gioco '37 is teaching clothing in the Evening Practical Arts Division at Essex County Agricultural School.

Olive Judge '40 is managing the cafeteria of the Lawrence Telephone Co., and Bernice Marsland '41 is working in the cafeteria.

Margaret Kennedy '41 is employed at the Arlington Trust Co. in Lawrence.

Agnes Martin '40 was married to Frank Clark, November 7, at the North Beverly Congregational Church.

Ruth E. Stafford

ESSEX FARMER AND HOMEMAKER

LIST OF GRADUATES

Eugene Burr of Beverly and president of the graduating class and eleven other members are in the Armed Services. They are: James T. Furey, Salem; William Hawkes, Jr., Marblehead; George Hoffman, Jr., Saugus; Rupert W. Jenkins, Middleton; Harold T. Matses, Methuen; Richard Peaslee, Middleton; George F. Wildes, Wenham; Marvin T. Williams, Lynn; Harold Kelly, Beverly; Wilfred Gaudet, Salem and Edward Hyde of Nahant.

Other members of the agricultural department who graduated are: Robert Andersen, Gloucester; Robert Bertram, Salem; Thomas Blanchette, Salem; Robert Bradbrook, Everett; Fitch L. Brennan, Jr., Salem; Richard M. Brown, Lynn; Francis A. Carey, Lawrence; Wallace M. Frost, Lynn; Leo Giardino, Everett; John C. P. Keilty, Peabody; Edward J. Lynch, Jr., Lawrence; Harold E. Raynor, Jr., Danvers; Ralph C. Reynolds, Beverly; Wilfred J. Robidoux, Andover; Henry J. Rodden, Peabody; Robert A. Smith, Lawrence, and Christos Mpelkas of Lynn.

In the Homemaking department there were two groups of girls graduating. Those who were high school graduates and took the one year course received certificates: Gertrude F. Barney, Salem; Margaret Colby, Haverhill; Lillian Drapeau, Lowell; Eleanor Duffy, Newburyport; Helen L. Gadbois, Reading; Eliza C. Hebb, West Boxford; Doris E. Horne, Salem; Constance L. Kruschwitz, North Andover; Marie Madore, Salem; Margaret Moroney, Salem; Edith E. Nichols, Salem; Marion E. Noyes, Salem; Helen Pettingell, Danvers; Marjorie B. Pierce, Salem; Elsie Robertson, Beverly; Agatha Stravinsky, Methuen; Helen M. Taylor, Beverly; Janice Trombla, Amesbury; Norma Perkins, Topsfield.

The girls who took the three year course received diplomas and they are: Eleanor Annis, Peabody; Regina Barrow, Saugus; Marion Bean, Danvers; Catherine J. Cahill, Lynn; Doris Donze, Methuen; Ada Fothergill, Danvers; Evelyn J. Hall, Andover; Rita Hitchcock, Danvers; Miriam J. Jameson, Saugus; Ruth A. Karlson, Saugus; Elaine Kennedy, Danvers; Lorena Loeffler, Lawrence; Claire Oak, Lynn; Irene O'Brien, Salem; Dorothy Rowbottom, Danvers; Virginia Rushworth, Danvers; Helen Small, Danvers; Ruth M. Woelfel, Peabody.

RED CROSS PROJECTS

The Freshmen and Junior girls are going to start their Red Cross Projects after the Christmas vacation. The Freshmen girls are going to make striped flannel pajamas for the men in the hospitals. Bathrobes will be made by the Junior girls for the soldiers who have to be hospitalized. Some bathrobes will be made of blue cotton flannel and some of maroon. One of the Junior girls is making a maroon woolen skirt for the Red Cross.

Alice Sousa

SECOND ANNUAL FITTING AND SHOWING CONTEST SPONSORED BY THE ANIMAL HUSBANDRY CLUB AT ESSEX AGGIE

The second annual fitting and showing contest sponsored by the Animal Husbandry club of Essex Aggie was held Wednesday afternoon, Nov. 18 at Bauer Field. Coleman Lee of North Andover was high man and was given a Plaque by the Parker Feed Co. of Danvers as Premier Showman. Lee was also awarded first prize of the Sears Roebuck prizes, a book "Feeds and Feeding" by Henry Morrison. Junior Showman honors went to David Knott of Lawrence with a Sears Roebuck award of the book "Breeding and Improvement of Farm Animals" by Rice; and third prize for Showman went to Arthur Cherbinis of Amesbury, "Dairy Cattle" by Yapp and Nevans.

Winners in the various classes were Holstein Cows: first to Coleman Lee, North Andover, prize is years subscription to the "Holstein-Friesian World;" second prize to Donald Gillis, Lynn, a years subscription to the "Holstein-Friesian World;" third to Arthur Mills, Newbury, a ribbon.

Guernsey Cows: David Knott, first prize and subscription to "Guernsey Journal;" second place to William Peaslee, Middleton, blue ribbon and subscription to "Hoard's Dairymen;" third: Stanley Nelson, Danvers, a ribbon.

Horses: first place to Arthur Cherbinis, Amesbury, ribbon and subscription to "The Percheron;" Donald Soiett, second place, ribbon; and third place to William Colby, Newbury, ribbon.

Goats: Arthur Johnson, Lexington, first prize, ribbon and subscription to "Goat News;" Charles deGrandpre, Ipswich, second place; Charles Crosby, Danvers, third place.

The judges for the show were: Cattle judges, Rex LeParmentier and Horace Clark; Horses, Richard Fitzpatrick; Goats, Dudley Corey. Announcer and Recorder was Instructor James N. Cole.

Officers of the club are Edward Moran, Lynn, chairman; Malcolm Noyes, Newburyport, vice chairman; Bernard McCormick, Rowley, program chairman; Lenley Henshaw, Salem, manager of show; Paul Kent of Lawrence, secretary.

F. F. A. ELECTS OFFICERS

The Essex Chapter F. F. A. recently elected officers to fill several vacancies. The officers of the association are Paul Kent, Lawrence, President; Leo DuBois, Beverly, Vice President; Priscilla Glines, Andover, Secretary; Malcolm Noyes, Newburyport, Treasurer; Mary Elizabeth Carey, North Andover, Reporter. The class representatives are: Freshmen, Charles Savage, Newbury; 2X Class, Leo Hebert, Saugus; Sophomore, Walter Mills.

AIDING THE WAR EFFORT

One of the most important factors in winning the war is the production of food. The old saying "an army travels on its stomach" points out the importance of food.

Young men attending an agricultural school and working on farms during half of the year are doing their part in aiding the war effort. The farm labor shortage will seriously threaten our food supply in 1943 unless essential farm workers are deferred.

THRIFT AND WAR SAVINGS COMMITTEE OF F. F. A.

The Thrift and War Savings committee of the Essex Chapter of the Future Farmers of America have started their program for this school year. Last Monday during the assembly period they started selling War Stamps, and will continue each Monday. Last Monday morning they sold \$50.00 worth. Their goal is \$500.00 and two prizes have been offered, first prize of \$3.00 and second of \$2.00. To receive these prizes a student must purchase a minimum of \$15.00 worth of stamps. Bernard McCormack of Rowley purchased \$18.75 worth of stamps the first day.

The committee in charge of this project is Arthur Johnson, Lexington, vice chairman; Chesley Mears, Essex, secretary; Lenley Henshaw, Salem, treasurer; other members of the committee are Ralph Patscheider and Robert Kearney of Lynn; Advisor is Instructor George Yale.

F. F. A. NOTES

Advisor Instructor Metcalf estimates 200 former members of Essex Chapter are now in some branch of the U. S. Armed forces. If this estimate is correct we may well feel proud of our chapter membership.

With transportation curtailed for the duration many of our judging trips, public speaking contest and F. F. A. meetings will have to be postponed. Mr. Heald, State Teacher Trainer says "It is probable that no large state convention of F. F. A. will be attempted this year."

NEW 4-H LEADERS

In addition to the names listed last month, the following new leaders are welcomed into the 4-H family: Mrs. Margaret Preston and Miss Margaret Litchenberg, Lynnfield Center; Mrs. Alvin French, Salisbury; and Miss Laura Davis of Lynn.

FOOD FACTS COLLECTED

(Continued from page 1, col. 3)

Fats Vital to Wartime Manufacture

Few foods are in the spotlight so much these days as fats. Although growers of peanuts, soybeans, and flaxseed have come through with enormous crops, our own wartime demand for fats and oils is so great that civilians must curtail their uses. Every bit of fat you can save helps. The idea is to put all you can into your cooking and then turn in what's left to help the glycerine supply. Fats are good for seasonings, for frying; and some types of fat are good for baking too.

Eggs are rationed at three a month per person in England and two a month in Germany. Let's be sure we eat them frequently while they are available for us.

There is an abundance of food in our country right now, but a year of adverse weather could change the situation, is the opinion recently voiced by Sec'y of Agriculture Wickard at the annual meeting of the National Association of Food Chains. He says we should build up large stocks of food for the possible use of Armed Forces without delay. The country already is having to choose "between guns and butter," meaning that such things as mushrooms, for which fertilizer and cans can not be provided, and watermelons, with their acreage needed for oil-bearing crops, are among the candidates for greatly decreased production.

The Day is coming when a woman can buy a boiled dinner and carry it home in her purse—when there won't be any milkmen and we'll all use powdered milk—with a "pinch" of cream in our coffee. Then a well stocked pantry will be reduced to some small boxes—and dinner will be cooked in about 10 minutes—Because, when the war is over, dried foods will be for sale in every corner store.

Scientists in the Department of Agriculture gave me some samples of dehydrated vegetables, and I took them home and cooked them. They gave me something that looked like sun-tan face powder and I put a couple spoons of the stuff in a cup of water, and simmered it for a few minutes—and pretty soon it was mashed sweet potatoes.

They gave me a smear of reddish dust, and I mixed it with sugar, and added some cold water and brought it to a boil, I boiled it just one minute and then I cooled it, and put it in the refrigerator. And what do you think it was? Cranberry sauce!

They gave me a golden powder that was yellow as turnip—and some little envelopes of macerated stuff as dry as hay. You never could tell to look at them what they were. One envelope was filled with dried onions, and the other was dehydrated cabbage. I cooked them 10 minutes—and when they were drained and seasoned, you'd think they had just come out of the garden.

Eleanor Early, Washington

These notes have been copied almost entirely from different articles in the "American Cookery" Magazine, November issue. Ruth Emerson, Foods Dept.

THANKSGIVING 1942

This Thanksgiving of 1942 is different from any Thanksgiving that we young people can remember.

Our fathers and mothers can remember a Thanksgiving similar to this one in 1918. Our prayer today is that our children will never have to remember a Thanksgiving with the World at War.

Some people who are without faith in our Country wonder what we have to be thankful for this year.

Our friends and loved ones are in the service, we will not have them here for the holidays. Our homes are not as warm as usual, we can not use our cars as we did. The cost of amusement has gone up. Even our football games have suffered because many of the best players are in the service. Dentists and Doctors are hard to get. So right here we can start being thankful that we are well and must keep well for the duration.

We are thankful that the boys in our service have good training, food and equipment. (Some armies that we know have not.) We are thankful that our church bells still ring, our schools are open. Our crops were good so our storehouses are filled with food, and we give thanks that we can send our surplus food to the more unfortunate nations.

Our soil is not yet, and we hope never will be parched earth, burned with the flames and bombs of enemies. We look forward to the time of planting again and to another harvest.

There are those who try to make us think we have nothing to be thankful for. However we feel sure that when the harvest comes again our men will be home. The church bells will be ringing all over the world. Children well fed and clothed will be happily going to school.

Peace will be upon the earth again and Old Glory will have won another glorious Victory over the evil doers.

Mary Elizabeth Carey

MOISTURE IN THE MENU

Which of the common vegetables is most watery?

Active research into dehydration of vegetables as a part of the war effort by the U. S. Department of Agriculture has developed information to guide commercial dryers in their work. In planning drying equipment, one fact the dryer must know, says the Agricultural Research Administration, is the quantity of water he will have to remove from the material while it is being processed. W. B. Van Arsdale of the Bureau of Agricultural Chemistry and Engineering has prepared a table giving the moisture content of nearly a score of vegetables as they are when ready for dehydration. This is substantially the same as the fresh vegetables prepared for home cooking. The relative rank in "wateriness" may upset some of the casual impressions of housewives.

Sweet potatoes are the driest of the common vegetables with from 2 to 3½ pounds of water for each pound of bone dry material. Sweet corn ranks next with 3 to 4 pounds, followed by peas and potatoes with from 3½ to 4½ pounds of

GARDEN CHAT

The open Fall weather should have afforded excellent opportunities to get the garden weeds, cabbage and corn stumps, etc., cleaned up and on to the compost pile. Any land that is in to sod at present and is being considered for garden land next season should be turned over now. Nature will aid in rotting this sod down during the winter months and make easier conditions for you. Many insects will be destroyed as well by exposing them to Winter weather.

Are you watching your stored crops by seeing that proper ventilation, humidity and temperature prevail? Perhaps your roots are shriveling some. It may be caused by too warm conditions or lack of moisture. If the roots are beginning to show sprouts, storage conditions would indicate too high temperature and perhaps too much moisture. Be sure that good ventilation prevails at all times.

Hotheads and cold frames should be constructed and filled with leaves to keep the frost from working down into the soil. Select a protected spot from the prevailing winds and one where there is good drainage. Bank soil up on the outside of the frame to keep frost out. The back plank of the bed should be about 4 inches higher than the front to allow the water to run off the sash and the maximum amount of light to be refracted through the glass.

Begin to make plans for your 1943 garden early. Whenever opportunities arise for group discussions on gardening make efforts to be present so as to find ways and means of improving your garden results over this past season. All out efforts should be made to increase food production for 1943 and then to conserve as much of it as possible.

C. M. Stearns

TESTING

During the past year 366 Massachusetts poultry flocks, representing over 653,000 birds were tested for pullorum disease, and only 16 flocks were classified as infected, reports the Department of Veterinary Science at Massachusetts State College.

VEGETABLES

The best way to make sure that a child will like all vegetables when he grows up is to let him know their flavors when he is young.

water to a pound of dry matter. Kale has 6 to 7½ pounds; table beets 6 to 9, and beet greens 9 to 10; with rutabagas 7 to 10 and carrots 7½ to 10. Snap beans have 8 to 10 pounds of water, onions 8 to 11, spinach 8 to 13, chard 9 to 12, mustard greens 9 to 13. The vegetables with the most water to remove are cabbage with from 10 to 15 pounds of water to each pound of dry matter and celery with 12 to 20.



4-H Club Notes



SEARS ROEBUCK 4-H MEDAL WINNERS

William Hayman, No. Andover, first; Harold Coleman, Gloucester, second; Lee Powers, Merrimac, third; David Marston, West Newbury, fourth; and Boyd Berrett, Saugus was fifth winner of the Sears Roebuck medals.

Sears Roebuck gave medals to the best Victory Gardens in each county and eight \$25 war bonds to eight outstanding 4-H Victory Gardens in Massachusetts.

DANFORTH FOUNDATION

The Danforth Foundation awards a book and certificate to the 4-H boy and girl who consistently shows ability to be a leader. The book is entitled "I Dare You."

Donald Lambert of Methuen, is the boy to receive the award. He has done a great deal to assist with the leadership of the Methuen Garden Club, and took the responsibility of getting his club to prepare a program for the Grange in Methuen in the absence of his leader.

Lois Thurlow of Danvers is the girl to receive the award. Lois showed fine leadership ability this summer at Camp Leslie in taking charge of the musical program.

THOMAS E. WILSON AWARD

The Thomas E. Wilson County Award for having the best meat animal raised by a 4-H club member goes to David Lane of Rockport who had the best pig raised by a 4-H member in Essex County. David's pig was first prize winner in the heavy class in the 4-H Swine Show at Topsfield Fair. David made about \$20 on his swine project.

NEWLY ORGANIZED CLUBS

Clubs that organized within the past month and their leaders are:

"4-H Clover Buds," Swampscott, Mrs. Margaret Webber.

"Lucky 4-H Club," Lynnfield Center, Mrs. Margaret Preston.

"4-leaf Clover Club," Lynnfield Center, Miss Margaret Litchenberg.

"4-H Rainbow Girls," Georgetown, Mrs. Raymond Holt.

"The Buddies," Lynn, Miss Dorothy Nowell and Miss Laura Davis.

"Clothing and Foods Club," Danvers, Mrs. Francis Welch.

"Cantabeatus," Groveland, Mrs. Leon Jordan and Mrs. Nancy Harrison.

HIGH HONORS TO TWO ESSEX COUNTY 4-H BOYS

Alton Page of Saugus was recently awarded a gold watch, valued at \$50.00 as a prize for being chosen the winner in the Massachusetts Home Grounds Beautification Contest. This made him eligible to enter the National Contest. He has been chosen one of eight in the United States to win in the National contest and as we go to press Alton is on his way to Chicago where he will attend the National meeting and receive his award.

Alton Page has been a 4-H club member for seven years. In 1939 he was chosen one of four boys that made a team from Essex County and attended the World's Poultry Congress in Cleveland, Ohio, where they demonstrated the creating of the "White Americans", a new utility breed of poultry.

Alton Page attended Essex County Agricultural School for a time and majored in ornamental horticulture and this past summer as a summer project worked on the grounds at the School. He is now employed at Miller Brothers, the florist in West Lynn. He resides at 23 Oakwood Avenue in Saugus and it is at this place that he carried out the project in beautifying his grounds which has won for him this prize.

The contest has been conducted by the Extension Service of the State Agricultural College and the United States Department of Agriculture and announced by the National Committee on Boys and Girls Club Work, 59 E. Van Buren Street, Chicago, Illinois.

The objectives of the contest were: 1. To make their homes more attractive and to develop a feeling of pride and joy in their home. 2. To appreciate the natural beauties of their own environment in the open country. 3. To develop happy family relationships through working with the other members of the family in beautifying their home grounds. 4. To gain a knowledge of plant materials and their artistic uses. 5. To plant and care for native and other shrubs and flowers.

James DeAdder of North Andover has been awarded a prize of \$20.00 by the Vegetable Growers' Association of America. This money will go towards paying his expenses to Pittsburgh, Penn., December 4 and 5, when he will attend the National Junior vegetable Growers' Association. He was given this prize because of his outstanding judging ability. DeAdder has won a number of prizes at Topsfield Fair, the Boston Horticulture Show, where he was a member of the Essex County team which was the State winning team this summer.

The program for the Pittsburgh meetings is most interesting, the headquarters will be in the Hotel William Penn, there will be a trip through the markets

MASS. HORTICULTURAL CERTIFICATES

The Massachusetts Horticultural Society awards two certificates to two of the outstanding 4-H Gardens in Essex County each year. Ernest Seymour of Ballardvale and Oren McIntosh of Haverhill were the winners.

4-H CLUB UNIFORM

Have you seen the new 4-H Club Uniform? It is a beautiful dress made of green broadcloth, trimmed with white collar and white buttons. It is also a very practical dress and can be worn to school. When the 4-H emblem is sewed or pinned to the sleeve, the dress becomes an official 4-H uniform. All materials necessary to make it can be obtained from the National Committee on Boys and Girls Club Work, 59 E. Van Buren Street, Chicago, Illinois. Including the 4-H emblem, the total cost of making the garment is around \$2.75. Club leaders have a picture of the uniform and a description of material and prices.

Ida B. Davis

Asst. Club Agent

COUNTY WIDE 4-H DAIRY MEETING

A county wide 4-H Dairy meeting will be held on December 11 at 7:30 p. m. at Parker Hall in Newbury. Mr. Harley Leland, Assistant 4-H leader will be present. The meeting place is half way between the three towns where organized Dairy clubs are located.

Pure bred Dairy Calves have been purchased by the following 4-H Dairy members: Oscar Metcalf, Saugus, Guernsey; Lois Gibbons, West Newbury, Holstein; Kenneth Parsons, Ipswich, Ayrshire; Wilbur Parsons, Ipswich, Ayrshire; Jerold Chadwick, West Buxford, Holstein; Paul K. Wyeth, Essex, Ayrshire; Charles Lane, Rockport, Holstein; James Lane, Rockport, Holstein.

Several other members are planning to get pure bred calves right away. Pure bred calves must be registered in the name of the 4-H member in order to be eligible to be exhibited.

of Pittsburgh, a tour of the city. The Third Annual Vegetable Demonstration Contest, the annual business meeting. The second day will be spent in judging contests, a trip through the A & P warehouses and markets, election of officers and in the evening the annual banquet and awarding of prizes.

Essex Farmer and Homemaker

VOL. 25

HATHORNE, MASS. JANUARY, 1943

NO.1

Entered as a second-class matter, May 28, 1919, at the Post Office at Hathorne, Mass., under the Acts of August 24, 1912.

Farm Mobilization Day

"We are in the midst of a Food Crisis. A ship load of food is as important as a ship load of men or a ship load of ammunition. Food production is most critical factor of the War Strategy. We must have food to move in back of our troops as they take over the people of other countries. In Italy the people are hungry, in Greece the people have been dying by the hundreds because of lack of food, 500 million people will be on our hands to be fed" so said George Westcott at the Farm Mobilization Day held Dec. 29 at the Essex County Agricultural School.

The President of the United States asked for Farm Mobilization Day to be held on January 12, 1943 throughout the nation. In Massachusetts it has been found easier to have these meetings on several days so that the state leaders may attend all and one of the first was held here in Essex County.

Harry L. Cole of West Boxford opened the meeting and turned the meeting over to County Agent Francis C. Smith as presiding officer for the day. Mr. Cole said in his remarks that the Farmer stands on the first round of a long high ladder and he is confident that this bottom round is solid, so is the second which holds the community committeemen and the third with the county committeemen. Even though there may be a few weak rounds on the way to the top never the less we must not let our ardor be dampened. Mr. Cole urged all to purchase War Bonds.

George Westcott, Extension Economist at the State College, further said, "We have been asked to voluntarily ration ourselves to 2½ lbs. of meat per person a week. Before the government rationing goes into effect we will be cut to 2 lbs. per person. Two thirds of all food produced in 1943 will go to military purposes.

Goals for 1943

Massachusetts Goals for 1943 will be Vegetable 10% increase over 1942; Milk will be about 2% less; Eggs up 9%; and Poultry meat up 15%. We have become a race to save life on a world wide basis. We must keep on keeping on."

Ralph Gaskill of the Essex County Cooperative Asso. said, "We must oil up, grease up and mend up our farm machinery." There just is not sufficient new machinery to anywhere near cover the needs of Essex County farmers. There will be a plentiful supply of vegetable seeds but they must not be wasted.

Chemical nitrogen is scarce but there will be fertilizers and there is one to be put on the market called "Victory Garden Fertilizer" which is a 3-8-7. Mr. Gaskill assured the farmers that so long

Essex County Minutewomen

Every homemaker is aware of the fact that we are being asked to voluntarily limit ourselves in the amount of certain kinds of meat we eat. Whether you live in a rural or an urban section of the county you will soon be hearing more about the "Share The Meat" program.

Many women in Essex County are assisting with this program which is the joint responsibility of the Essex County Extension Service and the Women's Division of War Services. Neighborhood leaders, known as Minutewomen in rural areas and Block Leaders in urban areas, are contacting their neighbors to explain the program and to enlist the co-operation of all families.

Minutewomen are a part of the Rural War Action committees. During the past year this group assisted with a nutrition survey showing the amount of nutrition teaching carried on during the year. About 3500 families were contacted through nutrition teaching of all agencies reporting.

Information on the use of enriched bread and flour, the use and conservation of fat and fuel was also carried to homemakers by this group. A total of 534 families were personally contacted with the following results:

- 81% use enriched flour
- 90% use enriched bread
- 36% will have fat to sell
- 48% will make changes to save fuel.

Katherine M. Lawler
County Home Demonstration Agent

New Courses

Two courses in emergency care and repair of farm machinery will be offered at the Essex County Agricultural School, beginning January 11, Director H. A. Mostrom announced last week. These courses will be conducted on Monday and Tuesday evenings from seven to ten o'clock for a period of six weeks, a total of 36 clock hours of instruction.

All farmers or part-time farmers who have essential machinery that needs repair are eligible to enroll for this course. Women who are likely to have to take over some farm duties are also eligible to enter. The minimum age limit is seventeen.

One of these courses will specialize in motorized farm equipment and will be under the instructorship of Mr. Everett C. Lee. The other will specialize in non-motorized farm equipment and will be taught by Mr. Frederick H. Chase. Both of these instructors are members of the regular teaching staff of the school.

All kinds of hand tools, horse drawn machinery, and motorized farm equipment essential for the carrying on of farm work may be offered for repair in these courses by the members enrolled. Motorized farm equipment will be limited to strictly farm machinery, including tractors, trucks, and automobiles which are used as a necessary part of the farm establishment.

All who are interested in enrolling in these courses should get in touch with the school at Hathorne, upon which further information will be sent.

"PASS THE AMMUNITION"

Yes, homemaker, you pass the ammunition each time you turn that can of fat into your dealer. "Every bullet, shell and bomb, fired in defense of our country has glycerine in the explosive behind it," said Mr. Gurth Chambers, regional salvage director, "and back of the glycerine are kitchen fats. Every ounce of kitchen fat, allowed to escape into the garbage can, means a bullet wasted."

Do not use fats to make your own soap, as glycerine, the by-product, is needed for explosives. Use what fats you can in your own cooking, and sell the rest to your dealer. Be sure you strain the fats into a clean can and keep in a cold place.

Bessie McJunkin
Foods Instructor

1943 A. A. A. COUNTY COMMITTEE ELECTION

Recently elected delegates of community committees met on Tuesday evening, Dec. 15th at the Essex County Agricultural School, Hathorne and re-elected as 1943 County Committeemen of the Agricultural Conservation Program, Harry L. Cole, West Boxford, Chairman; Joseph F. Smith, Lynnfield Centre, Vice-chairman; and W. Dana Bragdon, Methuen as Regular Member. Wm. Hobart Clark, Danvers and Edmund M. Bartlett of Salisbury were elected alternate members.

The regular duties of the Committee, and the wartime duties of the Chairman who automatically becomes Chairman of the County U.S.D.A. War Board and the County Farm Machinery Rationing Committee, and the duties of one of the members as Chairman of the County Farm Truck Transportation Committee were explained.

Mr. Melville G. Grey of Wenham, a member of the State A.C.P. Committee conducted the meeting, and Mr. Edwin

C. Martin of the State Office lead the discussion on agriculture in the present war effort.

Essex Farmer and Homemaker

HATHORNE, MASS.

Published monthly by the Trustees of
the Essex County Agricultural School

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641 Lowell Street, Methuen

DAIRY HERD IMPROVEMENT ASSOCIATION

Ralph Woodworth, Chairman
Meeting House Hill, West Newbury

COMMODITY GROUP ELECTIONS

Several of the County Commodity groups have held their annual meeting this past month and have elected new officers, while other groups re-elected their 1942 officers.

Vegetable Growers

President, John Rasmussen, Andover
1st Vice President, Harry L. Cole, West Boxford
2nd Vice President, Roger Lewis, Andover

Secretary, Ellery E. Metcalf, Saugus
Treasurer, C. M. Stearns, Danvers
Charles E. Holden of Peabody the retiring president was elected to the Board of Directors.

Fruit Growers

President, Bernard D. Donahue, Georgetown
Vice President, Archer Pierce, Peabody
Sec-Treas. William R. Corning, Lynnfield
Executive Committee: Wallace Standley, Melrose; Harold Walker, Lynnfield and C. M. Wood was made an honorary member of the executive committee.

D.H.I.A.

The Dairy Herd Improvement Association re-elected their officers for another year: President, Ralph Woodworth, West Newbury; Vice President, Harry Blackadar, Ward Hill; Secretary-Treasurer, William J. Abbott, Hathorne.

CLOTHES UNDER GOVERNMENT REGULATIONS

We have been told to conserve our clothes carefully and not to buy unnecessarily, and that is sound advice, but when we do replenish our wardrobe with some new articles we find that the designers and manufacturers have had to conserve, too, under very definite government regulations.

These regulations do not mean, however, that new clothes are not as pretty as usual, for they are still attractive and interesting. They are simple, for we can no longer have all the material or all the decoration of former years. Skirts are narrow and jackets are shorter than

(Continued on page 3, col. 1)

FORESTRY COMMITTEE

William L. Moss, Chairman
47 Moffatt Road, Salem

FRUIT GROWERS' ASSOCIATION

Bernard D. Donahue, President
Andover Street, Georgetown

GOAT BREEDERS' ASSOCIATION

Harry Guerstelhuber, President
South Main Street, Andover

ESSEX COUNTY POULTRY ASSOCIATION

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T. M. Roberts, President
189 Western Avenue, Lynn

VEGETABLE GROWERS' ASSOCIATION

John Rasmussen, President
Lowell Street, Andover

SUPPLEMENT

Essex Farmer and Homemaker

SCHOOL NOTES

JANUARY, 1943

ECHO CLUB CHRISTMAS PROGRAM

On Wednesday, December 16, the Echo Club held its Christmas assembly. Those taking part in the program were Grace Marshall, of Peabody who presided and introduced the following girls, Claire Hunter, Methuen; who told us about "Old Christmas Customs;" Constance Ormsby, Andover, who read an adaption of Irving's Christmas Essays; Polly Little of Newbury, who read the famous New York Sun Editorial, "Is there a Santa Claus?" As a part of the program the students sang Christmas Carols, accompanied by Jean Burke at the piano.

Evelyn Kent

MEAT SUBSTITUTE RECIPE

The members of the Senior class have been planning luncheons in the Faculty Dining Room. The following meat substitute recipe was contributed by Marilyn Ostler.

Baked Rice and Cheese

- 3 c. cooked rice
- 2 c. cheese grated
- ½ teaspoon salt
- 1 c. milk

Butter a baking dish and put a layer of cooked rice on the bottom. Then add a layer of grated cheese. Repeat until all the rice and cheese have been used. Add milk. Sprinkle crumbs or cornflakes over the top, and dot with butter.

Bake in a moderate oven until the cheese is melted and crumbs are brown.

For variety this may be served with tomato sauce, although the sauce is not necessary.

Eva Drozdowski

CHRISTMAS CHEER FOR CHILDREN

The Freshman Class has been making Christmas favors in their art classes. They did so well with their first favors that it seemed that others might enjoy this project with them.

From pipe cleaners and crepe paper they fashioned plump Santas and Christmas Angels.

These were used on the trays for the Children's Ward of the Salem Hospital on Christmas Day.

Irene Champagne

REPAIR

This winter is a good time to take a part the farm harnesses, scrub them thoroughly in warm water and mild soap, and then grease them with harness oil.

GUNNERY SERGEANT CHARLES T. MACKEY

Gunnery Sergeant Charles T. Mackey of the U. S. Air Forces, 19 year old son of Herbert L. and Alice M. (Geary) Mackey of 7 Maple Avenue, Salem was killed at 5 p. m. December 11 when the aircraft of which he was a crew member crashed in the south.

The announcement was made in a telegram to his parents from Col. McCoy, commanding officer of the army air base at Meridian, Mississippi where the crew members were attached.

Col. McCoy's telegram said that young Mackey "was held in high regard by all members of the company as a splendid soldier of high character."

Sergt. Mackey enlisted in the Air Corps, on December 24, 1941, and after spending Christmas at home was called to active duty five days later. He was stationed at Fort Devens, Jefferson barracks, Mo., and Tyndall Field, Panama City, Florida; where he received his silver wings as a gunnery sergeant, being assigned to the Meridian, Miss., air base.

He was a senior at Essex Aggie when he enlisted in the air force. Prior to that he attended St. Mary's grammar school. Surviving him, besides his parents, are three brothers, Herbert and Daniel twins, and Edward Mackey; three sisters, Mary, Alice, and Cecelia Mackey. He was the oldest of seven children.

Edward Moran, Guido Germano of the Class of 1943; Edward Lynch and Ralph Reynolds of the class of 1942 were class representatives with Instructor George E. Gifford who represented the School at the funeral.

F.F.A. NOTES

The Fairs and Exhibits committee has been combined with the Judging and Demonstration committee. This joint committee is planning for an exhibit on Farmer's and Homemakers' Day.

The name Vocational Improvement has been changed to Literary Activities committee. The committee has recommended the awarding of the F.F.A. pins and the Extra Curricula E to those members who qualify, and the award of prizes for winners in the Public Speaking Contest. This committee has also voted to sponsor the Green and White as a chapter activity.

Mary E. Carey
F.F.A. Chapter Reporter

BEES

Value of honeybees in production of fruits, vegetables, and field crops is estimated at 10 to 15 times the value of the honey and beeswax the bees produce.

EVERETT AMIDON

Word has been received of the passing of Everett Amidon of Amesbury son of Mr. and Mrs. Harry C. Amidon.

Everett was stationed at Guadalcanal and had been in the service two years and eight months. He was chief cook and had had his training in the Marine Corps at Parris Island, N. C. and arrived at Guadalcanal in April 1942.

Besides his parents he leaves his wife Athalia (Sanders) Amidon of Richland, N. C.

Everett entered Essex Aggie in September 1939 and left to join the Marines in March 1940.

DEFENSE SAVINGS STAMPS

Last year the Echo Club Budget committee sold Defense Savings Stamps in the student cafeteria and faculty dining room every Monday and Thursday.

Beginning in January the committee will sell stamps again on the same days. It is hoped that the girls will make as many sales of the stamps this year as they did in the past.

Ruby Richardson

BOND SALE

The Thrift committee of the F.F.A. has been carrying on a drive to sell war stamps and bonds.

At the present time we have sold 800 stamps or a total of \$200 in six weeks. Our quota for the year is \$500.00.

The pupils have given this drive support and the Thrift committee hopes that they will continue to do so in the future so that we may exceed our quota.

The members who at present lead in the buying of stamps are Herbert Croteau, Bernard McCormick, Lenly Henshaw, Franklin Barlow, and Chesley Mears. Apprentice teacher George Yale is sponsor of this committee.

Mary E. Carey

ESSEX CHAPTER MASTER BUDGET

General meetings of the Essex Chapter F.F.A. were held on December 9, 10, and 11 for the purpose of voting on the master budget.

The work of the Essex Chapter is done by committees and clubs which submit their budgets to the General meeting to be approved or disapproved. The master budget this year calls for over \$2,000 to be appropriated.

The meetings were presided over by President Paul Kent of Methuen and Vice President Leo DuBois of Beverly.

Lewis Bulgarris

FARM MOBILIZATION DAY

(Continued from page 1, col. 1)

as there is gas available in this area they will get their share and maybe a bit more, but they must use every effort to use their trucks carefully.

4-H Report

County 4-H Club Agent Byron Colby sent a report of the work of the 4-H Clubs in Essex County this past year; 500 food projects which gave 5,000 bushels of produce; 44 swine raised in the county; 948 laying hens and 2,000 baby chicks; 35 dairy animals cared for; 50 boys worked on farms this past summer and the girls in the county canned 6,000 jars of food. The 4-H Clubs in the county plan to increase this program during 1943.

Canning

Miss Katherine M. Lawler, Home Demonstration Agent, said that the Nutrition, Home Garden and Food Preservation program of 1942 will be continued in 1943 and there are plans underway for 8 to 10 canning centers to be opened where the women will learn to can; where they may bring their produce and can under supervision and it will be possible for them to supply the food and have it canned for them at a slight cost. Between 3,000 and 4,000 families in Essex County have contacted during 1942.

Director Harold A. Mostrom spoke on the "Contribution of the Essex County Agricultural School to the War Program." The School, said Director Mostrom and the faculty, are ready to go into the communities and supervise classes in this emergency program. There are classes at the School and there are funds available for classes in communities in repairing farm machinery, poultry raising, caring for swine, vegetable growing and emergency training for farm employment. Groups in the various communities of the county should let their wants be known to the school.

Walter Lewis of the Farm Security Administration said that the organization use to aid the low income farmer and now they are most interested in aiding in the production of food.

Inflation

Ellsworth Bell also one of the Extension Economists spoke on "Inflation and Prices." He said, "Agricultural prices will determine the production." The prices in Massachusetts are expected to be higher in 1943 than in 1942 but it is the policy to support the prices at the National level. There will be a strong demand for poultry meat as there will be less of the red meats and also less fish. Our apple crops will no doubt replace dried fruits and baking fruits such as raisins which will be rationed.

Prof. Roy E. Moser spoke at length of the draft deferment of farm labor. It is necessary to hold key workers on the farms and there is a plan being worked out to bring those who are key workers and essential to the farm program who are 38-45 years old back from the armed forces on to the farms again.

A LETTER FROM GUADALCANAL

November 16, 1942

Dear Mr. Wood and Fruit Class:

Some months have gone by since I have written you, but to be honest, I haven't had too much time. During the past week I have been trying to catch up on my letter writing, as I was very far behind.

I am now on Guadalcanal, an island of the Solomon group in the Pacific. I was one of the boys who hit the island first and the Marines sure drove those Japs where they belong. I suppose by now you have heard all about the battle here. I came out alright and am in the best of health.

I miss school and the fellows but then we have a job to do and the sooner we show the Japs that Uncle Sam is the boss, the sooner the war will be over.

The summer is just starting here and it sure is hot during the day. I have a very dark tan almost the color of a native and they are very dark in color. There are also many insects here which annoy one but are harmless.

There are many kinds of fruits here such as coconuts, oranges, bananas and a few others. Most of the fruit grows deep in the jungle but I have eaten plenty of coconuts and a few pineapples as they grow everywhere.

I think the most beautiful sight of the South Seas is the sun rise and sun set. The sky turns all colors and reflects on the ocean making a very beautiful picture.

How did the fruit crop come out this year? Did you have much trouble with insects or storms? I heard that there was quite a storm in Essex County. I hope it didn't bother the crops any. I hope the boys made out well in the judging contest.

I will close wishing you, the staff and the students a very Merry Xmas and a Happy New Year.

Most sincerely,

"Hervey"

(Ed. Note) Hervey Doyle is a member of the Class of 1942 and was a member of Fruit judging team when a student at Essex Aggie. Doyle's address is Marine Corps Unit 275, c/o Postmaster, San Francisco, California.

POULTRY FEED

One hundred hens should eat 25 to 35 pounds of feed daily to maintain both good egg production and body weight.

There has been talk of a Women's Land Army but there will be no Women's Land Army in Massachusetts unless it is done on a National Basis.

James W. Dayton, County Agent at large in Massachusetts, said that Home production of food is now essential in the farm production plan. We must have an adequate production of the foods we need.

M. R. T.

SENIOR CHRISTMAS PARTY

The Senior Class sponsored a Christmas party in the Agricultural Building on Friday, December 18.

Rev. Paul S. McElroy of Danvers entertained the group with an illustrated lecture on Egypt and his trip to the Sima Oasis.

Following Mr. McElroy's talk a program of dancing and games was enjoyed. An unusual feature of the party was a Hay Ride around the campus.

The following committees were: **Dance committee:** Franklin Barlow, Priscilla Glines, Mildred Murray, Grace Marshall, Faculty Advisor, Miss Margaret Harris; **Refreshment committee:** Guido Germano, Donald Hill, Claire Gillespie, Diana Olds, Faculty Advisor, Calton O. Cartwright.

Games Committee: Ralph Marshall, Paul Kent, Leona Fregeau, Edith Quinn, Faculty Advisor, Ellery E. Metcalf; **Hay Ride Committee:** Edward Moran, William Herrick, Carolyn Archambault, Pauline Marsland, and Instructor Cartwright.

Seating and Floor Committee: George Wilmot, Hervey Croteau, Leon Barlow, William Mehaffey, Advisor Metcalf.

Committee to Investigate Cost of Class Picture: Gilbert Fournier, Raymond Barlow, Marilyn Ostler, Florence Bartlett with Miss Harris and Mr. Metcalf.

Constance Ormsby

BOSTON POULTRY SHOW

The Boston Poultry Show will be held January 13-17. 4-H Club members are making their plans to exhibit at this show.

NEW BOOKS

Within the last month two new books have been added to the library in the Homemaking Department. These books both of which are biographies are: "Alaska" by Henry Clark, and "I married a Vagabond," by Rachel Franck.

The former book which tells the real story of Alaska from its discovery and early settlements down to the ill-fated 1934 Matanuska Valley experiment, is written by a man who was born there.

Rachel Franck, the author of the second book is the wife of Harry Franck, famous vagabond voyager, whose travel books have delighted thousands of readers.

In "I married a Vagabond," Mrs. Franck tells of her experiences while travelling with her husband to the West Indies, to Japan, to China and Korea, to Scandinavia, France and England. In the book are intimate glimpses of the Franck family life in far away lands.

Rose Grasso

EQUIPMENT

One of the pieces of equipment that saves much labor on the dairy farm is the milking machine. To keep it in good repair and operating well, regular care is essential.

CLOTHES REGULATIONS

(Continued from page 2, col. 3)

twenty-five inches. Devices are used for relieving shortages of metal fasteners, and decorative flaps and pockets are no more.

For trim we find braid used a great deal, for braid is not rationed. This gives a very decorative effect on suits or jackets. For evening wear we see much glitter sequins or jet dotted or plaided over the whole dress or used as a trim.

A new idea this fall and winter is the short evening dress in day length, but with a low neckline and short sleeves. With this you may wear a hat or a glittering scarf and long gloves. This dress may be very simple, but often decorated with sequins. This does not mean that long evening dresses are not worn now. They have their place and will still be worn. Sweaters also go out at night trimmed with sequins and worn with a long skirt.

For color we will see more and more of beige, gray or oatmeal shades, for any bright colors that may still be seen must have been dyed before priorities went into effect. But the more somber colors may often be brightened up with touches of highly colored embroidery.

New materials have also come into being one of the most interesting of which is Aralac, which is made from milk and is combined with rayon or wool.

A recent news item also forecasts wooden-soled shoes in gay colors and styles. Retail stores already have some types in stock and a complete line of wooden-soled footwear for men, women and children is believed to be forthcoming.

Therefore may we add that clothes may be regulated but fashion still survives.

Margaret R. Harris
Instructor Related Art

EMERGENCY FOOD PRODUCTION COMMITTEE

Director Harold A. Mostrom has appointed the following to serve on the Staff Committee for Emergency Food Production. These people will be available to assist in the various communities during this emergency.

Carleton M. Stearns, chairman, vegetables.

Calton O. Cartwright, Miss Katherine M. Lawler, Mrs. Mary M. McIntire, for the extension dept.

Byron E. Colby, 4-H Club dept.

Miss Ethel M. Moore and Miss Ruth Emerson, Homemaking dept.

J. Stanley Bennett, poultry

Alton G. Perkins, soils

Kenneth Forman, swine

John E. Eastwood, dairy

Arthur L. Dacy, fruits

C. Shannon Wright, ornamental horticulture

Philip Couhig and George A. Meigs, committees

James F. Gallant, labor

Miss Madeleine R. Torrey, publicity

OUR MEAT RATION

With the rationing of meat, we find ourselves faced with the necessity of using a greater variety of meats than we may have been in the habit of using in the past, because we can not, now, always secure the kind and cut of meat we want. This offers a challenge and an opportunity.

Certain meats are listed as "Variety Cuts." These are liver, heart, kidneys, sweetbreads, tongue, tripe, and oxtails. These meats, not only offer a variety to our meals, but are not rationed, so we most surely should be making the most of opportunity to use them.

1. Brains of lamb, veal, pork and beef, are all considered delicacies. They are tender and easily digested. They are perishable so need to be used soon or pre-cooked and kept in refrigerator until ready to use.

To prepare: pre-cook by simmering gently for 15 minutes in water to which has been added 1 teaspoon salt and 1 tablespoon lemon juice or vinegar for each quart of water; then drain and drop into cold water and remove membrane. Use at once or chill.

Ways to use after Pre-cooking:

1. Dice and put into an omelet.
2. Scramble with eggs.
3. Use with sweetbreads in salad.
4. Reheat in cream sauce or well seasoned tomato sauce.
5. Dip in egg and crumbs and brown in shallow or deep fat.
6. Dip in melted butter and broil.

II. Kidneys of lamb, veal, pork are delicious broiled. Those of beef need to be cooked in water or braized. Soaking in well-seasoned French Dressing improves flavor.

Preparation for cooking: wash kidneys and remove outer membrane. Split them through the center and remove fat and heavy veins. Soak beef and pork kidneys in water before cooking.

To cook Beef Kidneys in water: cover with water. Simmer until tender (about 1 hour). Change the water several times during cooking. Serve in well-seasoned sauce or dip in egg and crumbs and fry in deep fat.

Kidney Stew: split kidneys or slice them. Brown a chopped onion in fat. Roll kidneys in seasoned flour and brown in the fat. Add water or brown stock, just to cover and simmer in covered kettle until tender (about 45 minutes). Small potatoes may be added about 20 minutes before serving time.

Kidneys may be made into stew with beef and placed in casserole, topped with pastry and baked in hot oven about 15 minutes.

Broiled kidneys: prepare veal or lamb kidneys, and soak for 1 hour in French Dressing or brush with melted butter. Put the split kidneys on to skewer to hold flat. Broil about 5 minutes on each side. Halves of small kidneys may be wrapped in bacon for broiling or may be arranged alternately with bacon and tomato quarters on skewers for broiling.

Bessie H. McJunkin
Instructor in Foods

GARDEN CHAT

How are you planning to make up the difference between 33 pounds of canned, frozen or dried fruit and vegetables which may be available for you during 1943 and the average of about 46 pounds a year which you have been entitled to for the last few years? The government requirements for 1943 call for something like 2,000,000 tons of potatoes and vegetables for dehydrating. This is a tremendous increase over 1942. The main way that we can help is for every home to plant a vegetable garden in order to supply fresh produce during the growing season and can the surplus for next winter. This will enable much of the commercially produced vegetables to be used for the armed forces.

Increases for 1943 of varying percentages are suggested for 10 vegetables: Carrots, kale, beans (snap), beans (lima), beets, sweet corn, tomatoes, cabbage, onions, and spinach. Decreases for the following vegetables are suggested: cauliflower, eggplant, cantaloupes, watermelons, lettuce (iceberg), celery and cucumbers.

The food shortage is more acute than it was last year and Secretary of Agriculture Wickard is asking all who can possibly plant a vegetable garden during the growing season to carry through and produce as much food from it as possible.

Agriculture and Food are important cogs in the war machine that will eventually spell Victory.

Start right now in making plans for your 1943 garden. If you have had a garden the past few years recall what failures you have had and make plans to correct them this year. There may be varieties of vegetables that would be more profitable than what you have grown. You may not have added the right kind of food for the crops you have grown or the soil may need lime. Insects and diseases may have taken your crops where you might have controlled them by the right spray or dust applied at the proper time. You may have spaced your crops too close, or they may have been spaced closer together for greater yields and returns.

If you have not had a garden of late, study the seed catalogues for varieties of the crops you plan to grow, (these should be only crops high in food value) and then order them. Engage some one to plow your area the first thing in the Spring (there will be great demand for such service next April and you may be on the end of the list—Be the early bird).

Watch the papers or the radio for any classes which may be held in your community and attend meetings on food production. They should be of help to you in planning and carrying through a successful victory garden. Bulletins on the various vegetables will aid you in growing crops.

PLAN — PRODUCE — PRESERVE

for 1943

C. M. Stearns



4-H Club Notes



CHICAGO TRIP

Alton Page of Saugus went to Chicago last month to the meetings of the National 4-H Club Congress. Following is an account of the trip written by Alton.

We left Boston on Friday, November 27, the day after Thanksgiving. We made a side trip from Buffalo to Niagara Falls. We saw the falls for about three or four hours. The wind was bitter cold and all the grass, trees, and rocks around the falls were covered with the spray from the falls that had turned to ice that looked like sugar crystals.

We of the Massachusetts delegation were joined by the New Hampshire group at Worcester, Mass. We went by sleeper from Buffalo to Detroit and on to Chicago where we arrived early Sunday morning.

Sunday was spent in unpacking and resting after the long ride.

At the Congress were about 800 4-H boys and girls from every state in the U.S.A., Ontario, Canada and Alaska. During the various sessions of the Congress we had many opportunities to become acquainted with this grand group. We were kept busy every minute of the day. We had a heavy schedule to follow. So many things had to be packed into such a short space of time.

I was particularly thrilled to be present at breakfast given by Sears Roebuck and Company, on Monday morning, for the Congress. We were addressed by "Mike Moran," Captain of the Boise, that sank six Jap battleships in the Coral Sea. He told us that it was all over in twenty minutes. Brigadier General Joseph Barzynski commanding general of the Chicago area, spoke of our share as 4-H boys and girls in raising food for the service men. The General is particularly interested in foods because he is in charge of the Quartermaster Depot at Chicago which handles more food than any other base in the United States.

We were served an army food ration for breakfast. The food was excellent and we had plenty to eat. We had music during the meal from Art Goldsmith's orchestra (C.B.S.) Every 4-H'er present was presented a boutonniere made of defense stamps as a souvenir by Sears Roebuck and Co.

At nearly every meal while in Chicago we were entertained and fed royally by various national companies which are interested in 4-H, such as Montgomery Ward; National Livestock Marketing Assoc., Kraft Cheese Co., Thomas E. Wilson, etc.

On Tuesday we were addressed at length by Sec. of Agri. Claude R. Wickard on "Food for the War." Miss Warren, representative of the U. S. D. A. spoke on the part that 4-H people are playing in the war.

(continued on last column)

MEATS CAN AND SHOULD BE RAISED BY 4-H CLUB MEMBERS

With horsemeat being sold in the local stores we begin to realize that everyone should take definite steps to raise as much meats on the home place as possible. A small home project may not produce enough meat to help the army and navy much but it will furnish the home with meat so that the meat which would have been bought can go to help others who are not fortunate enough to have room to raise some.

Now just what can be done by 4-H Club members to help on the meat supply.

Harold Coleman, a 4-H member of West Gloucester had a real meat project. Last spring he bought 60 bronze turkeys. He raised all but four of them. He sold a total of 1100 pounds of turkey meat. That is $\frac{1}{2}$ a ton of meat. This figure does not include two birds eaten by his family. Harold made a cash profit of \$281.00 on the turkey project.

Thirty 4-H club members raised 44 swine in Essex County in 1942. Many more 4-H Club members should raise swine in 1943. Pork is a high energy food and swine are easy to raise. Essex County 4-H members averaged to make a profit of from \$12—\$15 on a pig. If you plan to raise a hog in 1943 make your plans now as to where you will get the pig as there are not enough brood sows to furnish pigs for all those who will be wanting them in the spring.

Beef. If you can find a feeder steer which can be bought at a reasonable price and you have a plan to raise it your chances for making money on beef and raising meat for your home will be excellent in 1943.

Broilers. Perhaps the best meat project for the average Essex County 4-H member is the raising of broilers. Secretary Wickard has called for the raising of millions of pounds of broiler meat in 1943. Even if you only raise 25-50 around an electric light bulb as heat you will have more meat for your home. If you have suitable quarters it would be a good idea to raise both pullets and cockerels so you could have a few laying hens next winter. Eggs are an excellent meat substitute and are high in protein and vitamins.

Planning today may mean the difference between having and not having meats tomorrow.

Rabbits can be a very fine producer of home grown meats. Very little space is required to raise rabbits and they grow fast. If you decide on making pets out of all of them you will hate to kill them. Make pets out of your breeders and let the young be the meat supply. A 4-H club in Beverly has started to raise rabbits and several boys already have 20.

Let's have and share meat tomorrow by making plans today. 4-H club members should definitely spend as much time as possible, producing food in 1943.

COUNTY DAIRY MEETING

A county wide 4-H Dairy meeting was held December 11, in Parker Hall in Newbury. Mr. Harley Leland, Assistant State 4-H Leader was present and talked on "What 4-H Dairy members could do in the War Program." He awarded the Hood Prize of \$10.00 to the Old Town Dairy Club of Newbury for being the outstanding Dairy Club in Essex County during 1942.

CAMP LESLIE MORTGAGE REDUCED

At the annual meeting of the Board of Directors of the 4-H Club Camp Leslie it was reported that they had recently paid \$500.00 on the mortgage of the camp. This payment reduces the mortgage to \$1,000.

The officers were re-elected for the coming year. Willard Kelly of Merrimac, president; Mrs. Charles F. Ropes, Salem, vice-president; Miss Hilda Fitzgerald, Danvers, secretary-treasurer. The other members of the board are Lester Friend of Danvers and Clifton; Alfred Godbout, Middleton, Joseph Casano, Wakefield, Director Harold A. Mostrom, Danvers; Byron Colby, County 4-H Club Agent, Hathorne. There is a vacancy on the board at the present time, as there is a vacancy in the office of assistant club agent.

CHICAGO TRIP

(continued from first column)

The 21st annual National 4-H Club Congress was held at Hotel LaSalle, Tuesday evening. Here I sat at a table with Mrs. Charles R. Walgreen and the seven other National winners in the Home Beautification Contest. Mrs. Walgreen had pictures taken of us as a group and we are all to receive an enlargement of it as a gift from her.

At this banquet all the scholarships and awards of merit were awarded. Massachusetts was well represented in the winning ranks. Mrs. Walgreen graciously invited us all to her home for dinner next evening. At this dinner we were given small pen knives inscribed in green "4-H Clubs." We spent a pleasant evening at Mrs. Walgreen's playing games, dining, and seeing color slides of her beautiful country estate garden.

We left Chicago late Wednesday evening for home, arrived home Friday morning, December 4.

MR. WILLIAM MURPHY
EXTENSION OFFICE
MAY 1919
ANN

Essex Farmer and Homemaker

VOL. 25

HATHORNE, MASS. FEBRUARY, 1943

NO. 2

Entered as a second-class matter, May 28, 1919, at the Post Office at Hathorne, Mass., under the Acts of August 24, 1912.

Food Production for '43

The Essex County Agricultural School has been asked by the Governor's State Garden Committee to assist each town and city in organizing Food Production committees throughout the county and formulating programs for 1943. This involves the achievement of 5,000,000 jars of food to be canned in Essex County or with a population of 500,000 people only an average of 10 jars for each person. The county has been divided into 11 sections and an instructor of the School has been asked to serve as an advisor to each community in every possible way to the ultimate aim of increased food production.

Food Goals for 1943 call for the following increases:

Poultry meat	28%
Hogs	27%
Beans, dry	18%
Potatoes	11%
Livestock	10%
Eggs	8%
Fresh Vegetables	2%
Milk	2%
Feed Grains	½%

From these figures noted it will be necessary to increase garden plots on all farms, in many backyards and vacant lots; to raise a pig or two by those who have facilities and equipment; to have a flock of hens and to have a small patch of berries.

Those people who do not have a garden for one reason or another should purchase from the commercial gardeners and neighbors who have surpluses and stock their shelves with home canned foods.

The responsibilities of town and city food production committees in Essex County are:

1. To publicize the need for greater home food production and preservation.
2. To encourage gardening, poultry keeping, pig and rabbit raising by those who have land, tools, facilities, knowledge and desire.
3. To see that food production subject matter and information is easily available and is supplied to the people of the community through meetings, pamphlets, news stories, exhibits, demonstrations, movies, etc.
4. To mobilize the resources of the community to meet public demand for gardening land, soil preparation, agricultural equipment, and materials.
5. To encourage the participation of boys and girls in Victory Food production and food preservation.
6. To make sure that all garden products are consumed, canned, or stored—that nothing is wasted.

(Continued on page 2, col. 2)

Announcing Farm and Home Day

Farm and Home Day will be held this year, and the date has been set for Wednesday, March 17. This decision was reached at a recent meeting of men and women of Essex County interested in farming and homemaking problems who sponsor the program annually together with the Trustees of the school.

The serious food problems confronting us for the remainder of the war will form the theme of the day, and the program as set up will appeal to the folks in city and town as well as on the farm, for we must all do something unusual this year in order to see to it that a reasonable supply of food is available.

At best there will not be as much food as we would like to have for the rest of the war, either for civilian or war purposes. These facts must be faced, and what to do about it will be of interest to each inhabitant of Essex County.

For these reasons it is felt more important than ever to have a program on this day that will be an inspiration for everyone who attends as to what he or she may do to meet the emergency. Plans are being made to bring to the school a speaking and demonstration program that will be of utmost interest and value to all.

FARM MOBILIZATION ASSEMBLY

A student joint assembly was held on January 12, as part of the Farm Mobilization Program at the school. Director Mostrom presided and the first speaker he introduced was Polly Little from the Homemaking Department. Last spring Polly's father bought a 16 month old heifer and raised it until December when it was killed. It weighed 300 pounds.

Polly and her sister used the steaks, roasts, and liver for fresh meat and let the rest freeze. During the Christmas vacation they canned the rest. First they thawed it out, cooked it, then canned 35 to 40 pounds of the meat at a time. Now they have 35 quarts of meat and 35 quarts of broth for stews and soups.

Mr. Horace Jones, State 4-H Club leader, was next on the program. He said we have a very large army and that one year from now it will be larger. Therefore people should raise and can food more than ever this year. New England is very dependent on other parts of the country for much of its food.

(Continued on page 2, col. 2)

(Of the Supplement.)

A Log for Washington

Why not surprise the family on the twenty-second with a George Washington Cherry Log? It is fun to make and will please all who eat it.

Here is another sugar-saving recipe and with it a sugarless frosting.

Chocolate Cherry Log

Temperature 400°F. Time about 15 m.

- ¾ cup sifted enriched cake flour
- 1 teaspoon baking powder (or ¾ teaspoon double-acting baking powder)
- ¼ teaspoon salt
- 4 eggs, slightly beaten
- ¼ cup sugar
- 1/3 cup light corn syrup
- 1 teaspoon vanilla
- 2 tablespoons butter substitute, melted

Sift flour once, measure; add baking powder and salt; sift together twice. Beat eggs until foamy throughout; add sugar and corn syrup gradually, beating constantly until thick and lemon-colored. Add flavoring. Sift in dry ingredients a small amount at a time folding carefully but thoroughly. Fold in butter. Spread evenly in a greased lined 15 x 10 inch shallow pan. Bake in hot oven. When baked, trim off crisp edges; turn out on damp cloth at once, and remove paper. When cool, spread with the following filling.

Cherry Filling

- 5 tablespoons cornstarch
- ½ teaspoon salt
- ¾ cup corn syrup (light or dark)
- 1 No. 2 can (½ cups) sour cherries, chopped fine
- ½ cup cherry juice
- 1 teaspoon lemon juice

Combine cornstarch, salt and corn syrup in top of double boiler. Add combined cherries and juice gradually, stirring constantly. Place over boiling water; cook until thickened (about 20 minutes). Remove from boiling water; add lemon juice; mix well. Chill thoroughly. Spread on cake and roll up as for jelly roll. Frost with this sugarless chocolate frosting or with a plain white frosting.

Sugarless Chocolate Frosting

- 2 squares (2 ounces) unsweetened chocolate, melted and cooled
- ½ cup corn syrup (light or dark)
- 1 egg yolk unbeaten
- 2 teaspoon milk
- ½ teaspoon vanilla

Combine ingredients in order given; blend. Place over cracked ice, or cold water; beat with a spoon until thick enough to spread (about 10 minutes). Then spread the frosting on cake. With

(Continued on page 3, col. 3)

Essex Farmer and Homemaker

HATHORNE, MASS.

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MERRIMAC PRODUCTION CREDIT ASS'N NEW SERVICE TO ESSEX COUNTY

Leon Weatherby, secretary-manager of the Merrimac Production Credit Association will be at the County Agricultural School, Room 33, in the main building each second and fourth Monday of the month, hereafter from 9:20 A. M. to 4:00 P. M.

The first time Mr. Weatherby will be present will be Monday February 8th.

This loan organization is a farmers' co-operative bank and each borrower must join the organization. Borrowers select the Directors who operate the bank.

Loans are made at 4 1/2% per year for the purpose of operation—buying cows, poultry, grain, seed, fertilizers, equipment, spray material, etc.

FARM SURVEY CAMPAIGN

The farmers of Essex County are asked to increase food production to meet the needs of a nation at war. In order to stimulate maximum production and to find certain valuable information concerning the set-up and the problems of the farmers a farm to farm canvass is to be organized by the County Conservation office. The community committeemen met on January 29th at the School to train for this survey.

Mr. Edwin C. Martin of the State Conservation office explained the Farm Survey to the group. Mr. Melville G. Grey of the State Conservation committee spoke of the need of increasing the farm production this year and Mr. Harry L. Cole, chairman of the County Conservation committee explained the need and purpose of the survey.

The committeemen are to contact the farmers of this county during the months of February and March. It is hoped that this survey may prove valuable to the farmer as well as the nation.

SLAUGHTERING DEMONSTRATION TO BE HELD

A Veal slaughtering demonstration will be held at 10 o'clock in the morning on Friday, February 19 at the home of Henry Hunter, Pillsbury Avenue, Georgetown. Anyone interested in the demonstration is welcome. For further information contact Miss Katherine M. Lawler, Extension Office, Hathorne.

FOOD PRODUCTION FOR '43

(Continued from page 1, col. 1)

7. To arrange for canning, preservation, and storage instruction meetings and demonstrations wherever necessary.

Co-ordinating Agency:

Essex County Agricultural School
Hathorne, Mass. Tel. Danvers 50

SHORTAGE OF POULTRY FEEDS

Shortage of poultry feeds for six to eight weeks is expected according to the best information at present available.

It seems advisable to recommend to beginners and backyard poultry keepers to delay buying day old chicks until May 1.

Established poultrymen with good equipment can more efficiently brood and raise chickens and should have priority for poultry feed and supplies, during this critical period.

Chicks should be ordered as soon as possible for delivery in May and June. Some started chicks may be available in late April, May and June, especially cockerel chicks for broilers. Chicks, ducks, or turkey poult should be secured from the nearest breeder.

"Pulorum Passed" or "Pulorum Clean", "Mass. Approved Pulorum Clean", or "Mass. Approved Pulorum Passed" grades should be the only sources of day old chicks bought and these should come from Mass. flocks. An official list of breeders, breeds of poultry kept, and addresses will be supplied upon request.

If mash in adequate amounts is not available for the feeding of laying flocks, poultrymen should recall the results of feeding tests at Mass. State College with the use of the free choice system in which birds have eaten 70% grain. These tests have extended over a period of about 20 years. There is an abundant grain crop and the poultry industry can use it more extensively and hold the production of his birds. There is still large quantities of government wheat that can be brought into the area.

VICTORY BISCUITS

The Freshmen class made the following biscuits and used molasses in place of sugar, for molasses is not rationed and is highly nutritious. Molasses is rich in calcium and iron.

Molasses Pinwheel Biscuits

2 cups flour
4 teaspoons baking powder
1 teaspoon salt
3 tablespoons shortening (use salvage fat)
3/4 to 1 cup milk
molasses

Mix dry ingredients and sift twice. Cut in shortening, until it is like cornmeal, add gradually the liquid mixing with knife to a soft dough. Toss on a lightly floured board and roll lightly until it is 1/4 inch in thickness. Spread with creamed butter and 2 tablespoons molasses, roll up like jelly roll, and cut into 1 inch slices. Place in greased muffin pans into each one of which you have put 1 teaspoon of molasses. Bake in an oven, temperature of 375° F. for 15 to 20 minutes.

Nuts may be placed in each muffin pan along with the molasses.

Theresa Morasse

SUPPLEMENT

Essex Farmer and Homemaker

SCHOOL NOTES

FEBRUARY, 1943

WHY I CHOSE FARMING AS AN OCCUPATION

I chose farming as an occupation because I like the fresh air. It seems to make you feel better. In the spring time the air is different from that in the winter. You have your animals to take care of which makes you happy because you are making them happy. Then as the crops begin to grow and you watch them and take care of them it makes you feel proud that you can do it. Finally the crops are ready to take in and then you even feel better when you can collect your money and think of the good time you had working the soil to produce good crops.

There are some disadvantages of farming such as working long hours. This is particularly true in the dairy and poultry work. Working outdoors in all kinds of weather has disadvantages but I like it better than shop or factory work. Factory work today gets too monotonous; it's the same thing day in and day out. Farming is the freer life, that is why I chose farming as an occupation.

Vernon H. Wright

SALVAGING CLOTHES

It is patriotic to wear clothes that have been mended and made over.

The things that you can do to salvage clothing are to darn stockings, patch holes and mend tears, and make things over that are too small for you, for a small child.

If you can not wear the garment, give it to some war relief agency or some one who will make good use of it.

Women who have suits belonging to men in the service can make over these suits for themselves or children.

In making over woollen garments, you should rip the garment completely apart, wash in warm soapy water, rinse, then hang to dry and before entirely dry press on the wrong side.

For cutting out suits, cut all the jacket pieces out of the man's jacket, and cut the skirt out of the pants.

To salvage clothes will help to bring Victory sooner.

Helen McAuley

THE FLAG SALUTE

At a morning assembly of the Agricultural Department, Norman Nault, a freshman read, "The Flag Salute", a poem which was written by Glenn Finely, a sixteen year old student in Seattle, Washington.

ALUMNI NOTES

Much interesting news has been coming in from the former graduates of the Homemaking Department of the School.

Judith Williams '39 is engaged to Joseph E. Dow of Cleveland, Ohio. The engagement was announced on Christmas Day at a family party.

Marjorie Sheppard '39 was married October 1942, to Gordon Merry.

Gwendolyn True '40 is employed at the Wenham Exchange in Wenham.

Ruth Chenery '39 was married in October to Robert Hibbard.

Betty Maxner of Beverly is engaged to Philip S. Emilio of Exeter, N. H. He was formerly from Salem.

Alice Currier '41 was married May 1942 to William McBride. She is now living at 20 Newell Street, Utica, N. Y.

Edith Noyes

PUBLIC SPEAKING

Manager Harry Miller of the Sears Roebuck Co., of Salem will present cash prizes to student winners in the public speaking contest which is being held at the School. This contest will be held sometime in February and the students competing will be Mary E. Carey, North Andover; Benjamin Sayles, Andover; Ralph Hayward, Andover and Leo Hebert, Jr., Saugus.

"GREEN AND WHITE"

The "Green and White" is the magazine which is published by the students once a year. It contains news of school activities throughout the year. Plans are under way to try to publish a very small War Edition this year on account of the many shortages of different kinds.

Rose Dawkins

FLANNEL PAJAMAS FOR THE RED CROSS

The Freshman Class is making flannel pajamas for the Red Cross. They are making these for the boys in service so that when they become ill and have to go to hospitals they will have them.

In making these pajamas they are learning how to make flat fell seams as well as how to cut the pajamas and put them together.

Edyth Marsland

WHAT OUR TEACHERS DO AFTER SCHOOL HOURS

A few days ago I asked Mr. Perkins what he did after school hours. He replied that he was teaching a night course in soils and fertilizers. This course includes such material as selection of soils, adaption of soil for crops and the principals of soil fertilization. Mr. Perkins teaches this course twelve nights from January 18 to March 23. This course has been given for four or five years. Some requirements of this course are, sufficient land to carry out a project, and the applicant must be sixteen years or over. Many of the people who take this course are engaged in other lines of business as well as agriculture.

Some of the benefits of this course are to assist the individual with garden problems and to improve the quality and production of crops and land. Many prominent farmers have taken this evening soils course and have derived a great deal of help from it.

Leo J. Hebert, Jr.

EXTRA CURRICULA E

Each year a small number of agricultural students receive the Old English E for creditable participation in school activities. Seven points in one year or an accumulation of twelve points in two years entitles a student to become a candidate. Candidates must meet the approval of the staff in matters of loyalty and school citizenship before the award is given.

After once earning a letter a student may receive a star by earning another seven points the next year.

Points are given by the advisors in all activities to students performing creditable work.

G. E. G.

PATRIOTIC ASSEMBLY

To keep up with the times we as a whole should celebrate the different holidays. It is our duty to remember our heroes and leaders that have gone before us.

Therefore the girls of the Echo Club are going to have a program for the celebration of both Abraham Lincoln and George Washington. February 17 has been set for the program in memory of these two great leaders.

Jean Webster

GARDENING HELPS FOR GIRLS

The purpose of a Homemaking Assembly the first week in January was to review a little the farming situation. At the present time the girls in the Homemaking are learning to transplant in the greenhouse under the direction of Mr. Stearns of the Agricultural Department. By the time this school term is over they will have learned enough to go out onto farms and work, and help in the war effort. The girls must work on farms if we are to increase production of carrots 30%, Green Beans 21%, Onions 5%, Cabbage 4% and Tomatoes 4%. We also have to increase on account of the lend-lease program.

Last year our egg production was 14% greater, and this year it has to climb up to the point of 33% more. The government also expects 30% to 40% more families to produce their own vegetables. All girls are given opportunities of electing vegetable gardening for a project. Each one of these girls who does this work is helping out to further Food for Freedom.

Hazel Parah

ECHO CLUB NOTES

The Echo Club's Budget committee started to sell Defense Stamps in the cafeterias in the Homemaking Building under the direction of Miss Smith. The Budget committee members of each home room are posted on the bulletin board and each has her turn to sell the stamps. Sale of stamps was begun January 4th and \$15.00 worth of 25¢ and 10¢ stamps were sold.

The president of the Echo Club, Leona Fregeau has been seriously ill but we hope to have her back with us soon.

Instead of the regular meeting on January 6, there was a special assembly in the Homemaking Building at which Director Mostrom addressed the students. He read us a letter that he had received from a former student, "Tony" Allen, who is in the service. He said that he had much faith in the boys and told us our worst enemy was "worry." He read some humorous poems which we all enjoyed and the girls hope that Director Mostrom will come back again soon.

On January 13, the Program committee met with Mrs. Maude and the Budget committee with Miss Smith.

At the January 20th meeting Constance Ormsby and Claire Gillespie gave a report of the Student Club meeting held at Simmons College and which they attended as delegates.

On January 27, Mrs. Maude and Miss Krone described some of the activities of the High School Victory Corps. Several girls doing volunteer work as airplane spotters and Red Cross Workers told us what we could do to help the Victory Program.

On February 3 and 9, committee meetings took the place of the regular meetings.

Hilda Gaudet

FARM MOBILIZATION ASSEMBLY

(Continued from page 1, col. 2)

20,000 people belong to the 4-H club. Last year they raised 30,000 chicks, produced 125,000 dozen eggs and canned 188,000 jars of fruits and vegetables. Three times as much was accomplished as in 1941. These records will be surpassed in 1943.

Coleman Lee told how he worked on his father's dairy farm all summer. He had 12 cows, 50 hens and 1 pig to care for. He enjoyed working on the farm and learned many interesting things. Coleman is a leader in a 4-H club and teaches the boys all about farming.

Mary E. Carey, also from the Agricultural Department, specialized in vegetable gardening last summer. She had her own greenhouse and raised butternut squash, peanuts, gourds, blue Hubbard squash as well as other vegetables. She made victory baskets with different kinds of vegetables and had regular customers. When the summer was over she dug out her cold frame and stored her vegetables which she is now selling to her customers.

Betty Barlow of the Homemaking Department gave an interesting canning account. Between last spring and early fall, Betty and her mother bought fruits and vegetables in large quantities and canned them. The exact number that they put up included:

40 pints asparagus
25 quarts strawberries
25 quarts of blueberries
50 quarts of green beans
20 quarts of yellow beans
50 quarts of horticultural beans
100 quarts of corn
75 quarts of tomatoes
25 quarts each of beets, carrots, pears, peaches, fruit cocktail and pickles.
"Home canned foods are cheaper, taste better and are patriotic," was her conclusion.

Albert J. Miles from the Agricultural Department was employed at the Elm Croft Farm. There he planted potatoes, corn, carrots, beets, bean and other vegetables. Also he had the care of a bed of strawberries. On the farm were 4,000 laying birds and pullets. Albert enjoyed his project and hopes to work on a farm again this summer.

Next, Mr. Mostrom introduced Prof. William R. Cole of the extension service at the Massachusetts State College. Mr. Cole spoke on Farm or Food Mobilization Day. He spoke on home gardens and home production problems with food preservation. In 1941 the Federal Government took 13% of our food production. At the beginning of 1943 they were expecting to take 20% and now they are taking 25% of the 1942 food production. The food went to Lend-Lease, oppressed nations in addition to our troops. That means there is 75% or possibly 65% left for us.

The governor is appointing committees for home gardens for food production by consumers for consumers. This project is being carefully carried out by Director Munson of the State College as active head.

There will be a home garden committee in every town and city. "How can

MANICURE

Well-manicured hands are one of the most important assets of a person's attractiveness. Instead of a full-time manicure, use an emery board over your nails every other day or two to keep them the right length and shape.

Don't use your fingers for mechanical implements if you want your manicure to last.

Girls working in factories have to take extra care of their hands. Use a nail brush to clean the dirt out and then rinse with cool water.

To manicure do as follows:

1. Remove polish (if any is on)
2. File nails
3. Soak hands in warm water and soap for 10 to 20 minutes.
4. Dry hands and apply cuticle oil
5. Use pusher to free cuticle from nail
6. Apply cuticle remover with cotton wrapped on end of stick
7. Remove surplus cuticle with clippers
8. Apply nail white with orange stick
9. Use an emery board
10. Repeat after soaking hands
11. Soak hands again
12. Brush with nail brush with downward strokes
13. Clean under the nails with an orange stick
14. Apply polish or powder—just on the body of the nail
15. Powder and buff with nail buffer
16. Apply a hand lotion

Theresa Campbell

these committees be appointed and directed?" Some members of the state committee will meet with a local committee. They will start gardens under some one who can teach vegetable gardening.

The ways we can save food are, preservation, canning or storage and dehydration but this last method does not lend itself to home operations. There were 1,560 meetings in Massachusetts last year on food preservation with demonstrations and lectures for home-working boys and girls. Conservative figures show 30 million jars of food put up.

Community canneries will be starting in towns and cities in small groups. A number of people will get together and can enough food for their own use. The average price in 1942 for six vegetables and five fruits was 16½ cents for No. 2 cans (or a pint); the cost of home canning is 8 cents. In 1943 the price of canned vegetables will be about 40% higher, or about 25 cents if you can buy them.

Rationing will be extended much further, therefore people should grow and can their own fruits, vegetables, and meats. It means rationed food will go further, if we have some things we can provide for ourselves. Thirty-five pounds per civilian person a year is about all a person can expect in 1943.

Grace H. Marshall

MARY E. ROUNDY

Mrs. Mary E. Roundy, school nurse and teacher in the Homemaking Department and Practical Arts courses, passed away Thursday, January 14, after an illness of several weeks. Funeral services were held at the Annunciation Church on Saturday morning, January 16, and were attended by many of the school staff.

Mrs. Roundy first joined the school staff about thirteen years ago, coming in to do part time instructional work, to be followed soon after by full time service in the Homemaking Department and Practical Arts program for the women.

During these years Mrs. Roundy endeared herself to the hundreds of girls with whom she worked, and her kindly ministrations will be remembered by many students and graduates of the Agricultural Department, for she was just as much interested in the boys and did everything she possibly could to help those who were sick or had suffered injury while at work on the school grounds.

In addition to her duties on the school campus, Mrs. Roundy had taught thousands of women in Essex County in the art of home nursing and first aid. She had a faculty for dealing with old and young alike with a friendly approach and winning the confidence of those with whom she worked.

Our hearts are greatly saddened by her going, but her memory will be remembered with gladness by those with whom she was associated so long.

COUNTY DIVIDED INTO DISTRICTS

Director Harold A. Mostrom has appointed members of the staff of the School to be contact men in various communities in the County. These members will be on call from these districts to aid them in their programs for more food for 1943.

Kenneth Forman will have West Newbury, Newburyport, Newbury.

Calton O. Cartwright, Amesbury, Merrimack, Salisbury.

John E. Miltimore, Haverhill, Groveland, Georgetown.

John Eastwood, Methuen, Lawrence, C. Shannon Wright, Andover, North Andover, Boxford, Middleton.

Alton G. Perkins, Rowley, Ipswich, Topsfield.

Philip H. Couhig, Hamilton, Wenham, Beverly.

George A. Meigs, Rockport, Gloucester, Essex, Manchester.

James F. Gallant, Peabody, Danvers.

H. Linwood White, Salem, Marblehead, Swampscott.

Ellery E. Metcalf, Saugus, Lynnfield, Lynn and Nahant.

WOMEN'S ADVISORY COUNCIL

Everything, today, is affected by war conditions and the Women's Advisory Council of the Essex County Extension Service is no exception. The first sectional meetings of the Advisory Council were held January 19-22, 1943. Formerly all council members attended a meeting at the Essex County Agricultural School every other month.

Mrs. Annette T. Herr, State Home Demonstration Leader, and Mrs. Mary M. McIntire, home demonstration agent, attended each meeting. Several new members were introduced at each meeting. Miss Lawler explained the nutrition program including the "Share The Meat" program and the organization of minutewomen and neighborhood block leaders. The minutewomen will receive further training in types of assistance available from the Extension Service for the women in their neighborhoods.

The Home Food Production program, a local committee being organized in every town and city in Essex County at the present time, was also discussed by Miss Lawler. This led into the food preservation and storage problems which will be part of this program and for which plans are already under way.

Mrs. Herr outlined for the group some of the problems with which homemakers will be faced when they receive Ration Book No. 2. She also made a report of the National Home Demonstration Council Meeting held in Kansas in October, 1942.

After some discussion on fall programs for 1943, the members voted to have a home management program on the care and repair of small home equipment.

One meeting was held at the Red Cross Rooms in Beverly, with Mrs. William Keith of Topsfield as chairman and Mrs. Arthur Leach of Wenham as secretary pro-tem. Other members attending this meeting were Mrs. Richard Winchester of Beverly, Mrs. Wallace Knowlton of Hamilton, Mrs. George Tuck of Rockport, Mrs. James Benham of Gloucester, and Mrs. Gustaf Erickson of Danvers.

Another meeting was held at the home of Mrs. Raymond Trefry of Marblehead. Mrs. Trefry is vice-chairman of the group so presided with Mrs. Frank Carson of Salem secretary pro-tem. Other members attending the meeting were Mrs. Charles O'Connor of Lynn and Mrs. Albion Rice of Saugus.

A third group met at the home of Mrs. Warren Dodge of Haverhill with Mrs. Dodge as acting chairman and Mrs. Myron Wood, secretary. Other members attending were Mrs. H. B. Keifer of Andover, Mrs. Walter Dean of Lawrence, Mrs. Douglas Sparks of North Andover and Mrs. F. N. Spofford of Groveland.

The fourth group met at the home of Mrs. Arthur Smith of Newburyport. Mrs. Smith presided with Mrs. Mary Sheehan of Rowley, both officers pro-tem. Other members attending were Mrs. Helen Gillespie of Amesbury, Mrs. Franklin Robblee of Salisbury, Mrs. Byron Bennett of Ipswich, and Mrs. Carlton Perkins of Newbury.

GARDEN CHAT

Recommended varieties of vegetables for 1943 are:

Asparagus—Washington strain

Beans—Bush

Green: flat pod—Bountiful
round pod—stringless green pod

Yellow: flat pod—Sure Crop

round pod—Pencil Pod Black Wax

Shell: French Horticulture

Lima: Fordhook

Pole

Green: Kentucky Wonder

Yellow: Kentucky Wonder

Shell: King Horticulture

Lima: Ideal

Beets: Crosby Egyptian (early) Detroit

Dark Red (late)

Broccoli: Calabrese or Italian Sprouting

Cabbage: Golden Acre (early) Danish

Ball Head (late)

Chinese Cabbage: Chihli

Cauliflower: Snowball

Carrots: Imperator or Danvers half long

Corn: Golden Early Market or Marcross

13.6 (early)

Carmelcross or Golden Cross Bantam (late)

Endive: Green Curled or Broadleaf

Batavian

Lettuce: Grand Rapids (loose leaf),

(head) White Boston,

Imperial 847 (Iceberg)

Onions: Ebenezer or Golden Globes

as sets

Yellow Globe or Sweet Spanish

(seed)

Peas: World's Record, Laxton's Progress, Gilbo Telephone (tall or bush)

Peppers: Ruby King, World Beater,

Waltham Beauty

Pumpkin: Sugar Pie

Radish: Scarlet Globe

Swiss Chard: Lucullus

Spinach: Bloomsdale (early) V. Blight

Resistant Savoy (late)

Tomatoes: Comet (trellis) (flat culture)

Bonny Best, John Baer Marglobe,

Stone, Rutgers

Turnip: Purple Top, White Globe

C. M. Stearns

A LOG FOR WASHINGTON

(Continued from page 1, col. 3)

the times of a fork draw across frosting so as to give the effect of bark on a log. Garnish the cake with maraschino cherries and citron leaves. Slice and serve.

Helen M. Krone
Apprentice Teacher

The members felt that these sectional meetings had been helpful and had cleared up many questions for them. While the sectional meetings seem to be more practical during the war period, the women voted to have the next meeting early in June at the Essex County Agricultural School so the entire group could meet together once during the year.

K. M. L.



4-H Club Notes



4-H MOBILIZATION WEEK February 6-14

The week of February 6 to 14 will be "M" week for 20,000 4-H club members in Massachusetts. During this week boys and girls will mobilize and make plans for helping to produce and preserve the food necessary for a nation at war, says Horace M. Jones, state 4-H club leader at Massachusetts State College. Thousands more will join a 4-H club and do their part to speed the day of victory.

During 1942 Massachusetts 4-H club members produced food valued at about \$450,000. They raised 80,000 bushels of vegetables, canned 188,000 jars of food products, prepared 37,508 meals, and packed 14,612 lunches. The 4-H members cared for over 10,000 hens which produced 1,500,000 eggs. They raised 34,000 baby chicks, over 500 pigs, sheep, and beef animals, and cared for 500 dairy animals.

During Mobilization Week the members will hold special meetings to plan for 1943 food production goals which will top last year's figures. At these meetings they will renew their pledge to home, community, and country. New as well as old members will receive the special victory pin and window sticker.

4-H MEMBERS WITH LIVESTOCK PROJECTS

Indications are that there will be a great demand for swine and baby chicks. It would be well to order yours early if you want to be sure of getting your project started on a definite date.

4-H GIRLS CAN GARDEN TOO!

Judy Lane of Rockport, made a total of \$37.70 on her onion project this last season. She tied them in small bunches and sold them on a roadside stand for 10 cents a bunch.

HOOD 4-H DAIRY PRIZES

The Old Town 4-H Dairy Club of Newbury under the leadership of Silas Little won the County prize offered by the H. P. Hood Co., for carrying on the most complete 4-H Dairy Program in any Dairy club in Essex County.

Charles Savage of Newbury received a \$5.00 prize from the Hood Co., for excellent 4-H Dairy work in 1942. Charles has been a consistently good 4-H Dairy Judge and has a very definite interest in farming.

Robert Woodworth of West Newbury is the Essex County 4-H Dairy candidate for a \$50.00 scholarship at the State College.

A MESSAGE TO 4-H CLUB GIRLS

Last summer, 2,649 club members enlisted in the canning project and preserved 188,000 jars of vegetables and fruits. This was a great increase over 1941. These members performed a real service on the home front and right now their families are appreciating these canned products.

A bigger job challenges 4-H members this year. You are being asked to help grow the greatest amount of food ever produced in American history. One-fifth of our total food production of 1943 will be used for our own armed forces, our allies and the people in the occupied countries. One-half of all of our commercially-canned vegetables will be used for this purpose. This is why we cannot buy all we would like to at the store.

This is a big job and every member of your family will have to share in doing it. You can help by enlisting in a 4-H canning club. Perhaps you can get your chums to enlist, too. If there is no 4-H canning leader in your neighborhood, see if you can find one.

To "Keep Fit For Service" every member of your family needs at least seventy-five pints of vegetables and twenty-five pints of fruits in addition to fresh and stored products. If your family could provide this amount of food for themselves, they will not need to buy canned products which are required by the government.

Canning is only one part of the Food for Victory program. You may find it possible to grow a garden or help with the family garden, raise a pig, have a flock of hens, keep a dairy animal or help out on your own or your neighbor's farm.

You can be proud of being a 4-H member because of the excellent victory work being done by 4-H'ers everywhere. Clothing girls are mending and renovating clothes so they will last longer; home furnishing girls are making low-cost improvements in their homes; food girls are preparing nutritious meals and all members throughout the state are taking part in salvage campaigns, Red Cross work, Civilian Defense activities and buying war bonds.

F. F. A. MOVIES

Sound movies entitled "Amazing America", were shown to the members of the Essex Chapter at a general meeting held on January 13.

This picture, sponsored by the Greyhound bus lines, proved interesting as well as instructive.

4-H AT BOSTON POULTRY SHOW

4-H Poultry members of Essex County won a total of \$30.00 in cash prizes at the Boston Poultry Show.

Saugus winners were: Lyman Biggart, Fred Hoffman, Kenneth Woodman, Boyd Berrett, Bruce Waybright, Robert Steadman, Clifford Harris, Edson Eisan and Patrick Eisan.

Other towns represented were: North Andover, Lenley Henshaw, Robert Smith; Rockport, Arthur Thurston, Peter Pierce; Danvers, last but not least was Leslie Tinkham, won \$5.50 which was the largest award won by an Essex County exhibitor. All prizes were awarded in Savings Stamps rather than cash.

Judging Teams

Senior team that judged at the Boston Show was Arthur Thurston, Rockport; Bruce Waybright and Robert Steadman, Saugus. Eleven teams competed in the Senior contest and Essex County was 6th team.

Junior team was composed of Leslie Tinkham, Danvers and Kenneth Woodman of Saugus.

Several Essex County Poultry clubs visited the Show, among them were members of the Beverly and Gloucester Clubs. Several members from the Wenham club also visited the show.

CLUB NOTES

The Merrimacport Agricultural Club led by Mrs. Agnes Powers solicited for the Red Cross Kit Bags and raised \$13.50.

The West Newbury 4-H Dairy Club members under the leadership of Ralph Woodworth and George Kimball of Haverhill made rope halters at a recent meeting.

The Saugus Red Rooster Club had an illustrated talk on the National 4-H Congress by Alton Page, who recently enjoyed a trip to Chicago for his outstanding Home Beautification Project. The Red Rooster Club also planned to help secure fuel for local needy family as a community service. The 4-H members are also acting as messengers for the A.R.P.

The Rockport 4-H Agricultural Club recently met at the home of Arthur Thurston and received some instruction on the judging of poultry.

FARM AND HOME DAY

MARCH 17

Essex Farmer and Homemaker

VOL. 25

HATHORNE, MASS. MARCH, 1943

NO. 3

Entered as a second-class matter, May 28, 1919, at the Post Office at Hathorne, Mass., under the Acts of August 24, 1912.

Plant Every Seed to Grow

"Victory Gardeners can save seed by attention to the following points", says the United States Department of Agriculture.

1. Plan the garden carefully in advance and estimate seed needs closely.
2. Use varieties that experienced gardeners recommend for the locality.
3. Buy early and buy no more seeds than will be required.
4. Pass on any unplanted seeds to neighbor gardeners who are short.
5. Prepare the seedbed carefully so that seed will have a chance to grow.
6. Fertilize wisely so that chemical fertilizers will not injure the seed.
7. Plant each kind of seed at the right depth.
8. Use more than customary care in spacing seeds correctly in the row.
9. Cover seed carefully, and firm the soil to insure good germination.
10. Inexperienced gardeners should purchase small plants of tomatoes, peppers, egg plant, cabbage, cauliflower and broccoli, where ever early plants are to be used rather than to grow their own plants for early crops.

SAVE OLD JAR RINGS FROM HOME CANNING

Thrift has long been a by-word with Massachusetts housewives in all lines of work, but here is a thrifty suggestion which works two ways. It comes from W. R. Cole, the home canning man at Massachusetts State College. When housewives open jars of canned fruit and vegetables, the jar rings should be saved, says Mr. Cole. There is a very good chance that they can be used again and in addition you will be helping Uncle Sam by saving rubber.

Carefully remove the rings and if they are still perfectly sound—in other words, no cuts or cracks—clean them and put them away in a fairly tight container and store in a cool place. A quart jar will hold 60 to 75 jar rings. In other words, you're canning the rings to use next summer.

Mr. Cole points out that many of these rings will be entirely satisfactory to use. In fact they may be as good as many of the new rings which will be available. He also adds that if these rings cannot be used again you should add them to the rubber scrap pile. Seven dozen jar rings weigh a pound. Home canners used 2,400,000,000 rings in 1942, so that figures out 28 million pounds of rubber.

Our No. 1 War Industry

Almost over night agriculture has become a major war industry, and has suddenly leaped to the foreground because of its importance and the problems it has created.

From an economic point of view this large problem is either composed of, or related to, many other problems. Amounts of foods in vast quantities, wages, space-saving devices, and transportation all loom as inter-related factors, no one of which can be disregarded. Therefore, a speeding-up of farm coordination is imperative.

Farm labor has been drained into other industries and is as serious to agriculture as the loss of farm labor through the draft. Since farm wages have always been low, the only way to counteract this condition and hold labor on the farm would seem to be to pay higher wages, which in turn will mean higher prices. Where once we were a land of too many farmers today we seem to be a land of too few farmers. Does it then mean labor will be drafted for the farm? It is obvious that the government will have to rush along some kind of aid for the farmer. While the conversion of American agriculture into a full war industry is as yet not completed, some definite policies must be adopted by Washington to make this conversion successful.

Meanwhile the need for efficient use of all available kinds of transportation grows. There are the trucks that are needed on the home front as well as the battle front. With rubber and gasoline rationing the farmer has felt the "squeeze" of priorities. Too few new trucks and pieces of new farm equipment seem to be available for the tremendous task that faces the farmer.

(Continued on page 1, col. 1)

(Of the Supplement.)

REPORT OF PROGRESS

Essex County towns and cities are well underway in Food Production programs for 1943. Over 60% of the communities in the county have held public meetings on the needs for Food or have held organization meetings to establish policies for the coming season. There are only six towns which have not made a start as yet towards organized steps to increase food production.

The response in the county is splendid and it is hoped that this same enthusiasm will continue so that our shelves will be well stocked with home canned foods by next fall.

An Invitation to Farmers' and Homemakers' Day

You are all cordially invited to come to Essex County Agricultural School on Wednesday, March 17, for the Annual Farmers' and Homemakers' Day.

The committee planning the program is endeavoring to have the entire program of help to not only the farmers but of assistance to the homemakers and home gardeners.

In the morning at 10:30 in the main hall Dr. W. Elmer Ekblaw of Clark University, Worcester, Mass., will speak on "Current Misgivings." Director Harold A. Mstrom will follow speaking on "The Essex County Food Problem."

Following luncheon the Homemakers and Home Gardeners will meet. A representative from the Boston office of the O.P.A. will be present to give the latest information and answer questions.

Prof. Clark Thayer of Mass. State College will have a message for the home gardeners.

Miss Katherine M. Lawler, Home Demonstration Agent, will give a talk on the highlights of canning for 1943.

There will be sectional meetings too with the general theme being the war problems pertinent to the various commodity groups.

The Poultrymen will hear Prof. Roy Jones of the Connecticut State Extension Service.

The Dairymen will hear Prof. Ralph Donaldson from our own State College and they will have a panel discussion with some well known Essex County men participating.

The Fruit and Market Gardeners are combining their meeting and will have a panel meeting with Professors Thies, Boyd, Moser, Donaldson and Walter Piper from the State Dept. of Agriculture.

All of the sectional meetings will have an opportunity to hear Prof. Roy Moser on "Farm Labor", which is a vital question today.

There will be the Trade Show, and from all indications the tradesmen are just as eager to come as in years past.

Mr. Edwin C. Martin formerly in the County ACP office and now located at the State Office will be back for the day to assist the people in the County Office in answering your problems.

Witham the Caterer has consented to come and have charge of the lunch room so you may get sandwiches and coffee if you do not care to bring a basket lunch. Some of the Homemaking girls will assist in serving.

There will be some unusual and very

(Continued on page 2, col. 3)

Essex Farmer and Homemaker

HATHORNE, MASS.

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THE IMPORTANCE OF AGRICULTURE

By Leo J. Hebert, Jr.

First Prize Public Speaking Essay

Since the beginning of the world, agriculture has been the most important factor and the one thing that has kept us in existence. Yet how many people have realized this importance? Only in the past year, nineteen hundred forty-two, have people begun to realize the importance. Why? Because a war, a jealous, bloodthirsty war, is going on and we are seeing defeats caused by starvation.

This global war is causing a tremendous food shortage which we are just beginning to feel. With men and women all over the world engaged in war and war industry, agricultural production is falling off at a time when we need more food than ever. A few months ago we here in America had food surpluses, now we are faced with extreme shortages except in a few instances, such as cereals and grains.

If more people in suburban areas of America raised their own vegetables, all the vegetables they generally would have bought in stores would be sent along with the present shipments of vegetables to our boys and the allied countries, to insure a quicker victory. Another important phase of raising their own vegetables would be that people would improve their health, learn more about nature and the soil, and also save money.

Due to this present war many new fields of agriculture have opened, due to chemical research. Some of these new fields which interest research chemists are to develop new plants for synthetic rubber, others to raise herbs for medicine and to find new substitutes for hemp. Meanwhile, other fields of agriculture are opening.

Agriculture is also demanding a more scientific system of farming. No longer is it possible to make a success of farming without scientific knowledge of the requirements of plants and animals. One of the most important things will be the knowledge of the soil. The earth is the mother of all of us—plants, animals and men. The chemicals, phosphorus and calcium, which come from the earth, built our skeletons and nervous systems. Everything else except air and sun comes from the earth. Men treat nature cruelly, they over cut timberland, causing erosion and floods, they overplow the cropland, overgraze the pastures. They destroy millions of acres yearly. This leads to their own destruction.

Statesmen are now realizing that something must be done to save our natural resources. The government has established agencies for soil and forest conservation and improvement. In fact, all our natural resources, such as animals, birds, and fur-game are being protected by laws. America was almost too late, which reminds me of the following story.—A certain man had a fine horse that was his pride and his wealth. One morning he got up early to go out to the stable, he found it empty. The

AN INVITATION

(Continued from page 1, col. 3)

instructive exhibits this year. These have been planned to be of real aid and instruction to those who are aiding in the Emergency Food Production Program.

As usual the Homemaking teachers and students will have some educational exhibits set up and there will be three special exhibits on "Lunch Boxes" showing ideas for defense workers lunches, one that is very timely, "Nutritional Value of Canned Goods" and a third on "Food Waste."

Save this date. If you have no other transportation fill your car and come. This is important business for Uncle Sam. The Salem-Lawrence buses pass the doors.

CONTOUR PLOWING

Contour plowing was practiced by George Washington and Thomas Jefferson. In fact, a son-in-law of Jefferson invented a hillside plow for facilitating this method of plowing which many people consider as a new phase of farming.

horse had been stolen. He stayed awake many nights after that, thinking what a fool he had been not to put a good stout lock on the stable door. It would have cost only a couple of dollars, and saved his most prized possession. He resolved that he would give better protection to the next horse he had, but he knew he would never get one so good as the one he had lost. The United States has been like this about the soil, but America realizes this fateful step and is employing soil chemists, plant chemists and foresters to build up what we tore down in years gone by.

Still another important part of agriculture is the growing of herbs for medicine. Without certain plants to give us medicine many people would die. Some plants used for medicine are the Digitalis, which has important medical use as a heart stimulant, the Belladonna, Poppies, etc. Previous to this war the high cost of labor made it impossible to compete with foreign grown herbs. However, it is my opinion that the growing of herbs in this country will and can become a big industry as labor changes are bound to take place in the new order of things. This will be a chance for agricultural students to experiment and develop the most economical way of harvesting these herbs.

In summing up, I would say that there is a tremendous food shortage going on at the present time, and the advantages that agricultural students have today is greater than at any other time in our history. With agriculture demanding a more scientific system of farming, it is up to us to buckle down and make this the finest agricultural country in the world.

SUPPLEMENT

Essex Farmer and Homemaker

SCHOOL NOTES

MARCH 1943

THE HOME AND CHILD HYGIENE COURSE

In the last half of the year the Freshmen and Junior girls are having a course on Home and Child Hygiene twice a week. The girls are taught how to care for minor illnesses in the home during the first five week period.

In the next five week period they will learn how to help in caring for young children.

During the last five weeks the girls will learn some of the fundamental principals of First Aid.

This course is in addition to the Red Cross Home Nursing Course which will be given in the Senior year.

Louise Wendell

ALUMNI NOTES

Reina Gumb '41, has been sworn in as a "Wave" and leaves on March 5 for Hunters' College in New York. After five weeks of training there she will be transferred out west for further training. At present Reina's rating is Apprentice Seaman.

Athalie Adams of the class of 1939 is now Mrs. Charles Alfred Way. She was married on April 25, 1942. While her husband is in the service she is staying with her parents on Glen Street, Rowley.

Adelaide Webb '40 is employed in a cafeteria in a defense plant. Her address is Forest Street House, Whitinsville, Mass.

Emma Josephine Blaisdell '38 better known at Essex Aggie as "Jane" is now in the United States Naval Reserve as Petty Officer. She has been training at the University of Indiana, Bloomington, Indiana. Her present address is E. Josephine Blaisdell SK3/c U.S.N.R./S; Supply Dept. 495 Summer Street, Boston, Mass.

Irene Burbeck '34 is a 2nd Lieutenant in the Army and has been sent to Fort Banks, Mass.

Eileen Finch Gendron has left Marblehead and gone to Marlow, New Hampshire to live with her parents while her husband is in the service.

Alice Currier a former student at Essex Aggie is now staying with her mother in Utica, New York while her husband is in the service. Alice is now Mrs. McBride and the address is 20 Newhall Street, Utica, N. Y. Alice would like to hear from some of her classmates.

Christine Brunn '41 was married on February 20 to Walter Leighton, Jr. After March 1, her address will be R.F.D. No. 1, Surry, Maine.

Doris Call '40 is now Mrs. Christ Kastenopolous, 22 Metcalf Street, New Bern, North Carolina.

Mary Lafond is now Mrs. Guy Kelley, she was married in June 1941. At present she and her small son are living with her parents in North Andover

FRESHMEN SERVING FACULTY LUNCHEONS

Nervous and fearful the two Freshmen divisions started a half year of serving faculty luncheons. One group cooks and serves on Tuesday, the other group cooks and serves on Thursday. After the first week we felt quite used to it, as though we had been preparing faculty meals for years.

Eleanor Moore

GREEN AND WHITE

The Green and White which is a student publication will be out in a few days. The editorial board follows: Associate Editors: Paul Kent, Grace Marshall; Humor Editors: Raymond Chalifour, Edith Quinn; Class Prophets: Carolyn Archambault, Paul Kent and Joseph Roche; Alumni Editors: Grace Marshall, Franklin Barlow; Sports Editors: Albert Miles, Bruce Dawson; Senior Editors: Diana Olds, Claire Gillespie, Olive Doty, Joseph Roche, Priscilla Glines; Echo Club Reporter, Evelyn Kent; F.F.A. Reporter, Mary E. Carey; Art Editor: Albert Kitfield; Business Managers: Mary Lovely, Raymond Barlow, Gilbert Fournier; Literary Advisors: Miss Verna L. Clarke, Instructor George E. Gifford; Business Advisors: Miss Ruth Emerson, Instructor Carleton M. Stearns.

F.F.A. GOES OVER THE TOP

Director Mostrom announced on Feb. 24 at assembly that the Essex Chapter of the Future Farmers of America had gone over the top in reaching their goal of \$500 war stamps and bonds purchased by student members during the school year.

Director Mostrom also announced that added to this amount one of the students had purchased \$750 worth of bonds. The students decided to continue the purchase of stamps for the rest of the school year.

Much credit for the success of this project goes to Lenley Henshaw of Salem who was chairman and Arthur Johnson, Lexington, Chesley Mears, Essex; Ralph Patschneider, and Robert Kearney of Lynn. Apprentice Teacher George Yale is the faculty advisor of this group.

NO. 1 WAR INDUSTRY

(Continued from page 1, col. 2)

Dehydration (which takes the water out of transportation) has made its contribution to shipping; one food ship can now carry the original load which required at least six ships. But still the fact remains that the food must be produced on our farms, and the farmer and his work provide the energy for the men at the fighting front as well as the defense worker at home. Dehydration lessens his work in no way whatsoever.

To any student of economics today these problems arising from the various agricultural conditions are real and not hypothetical. Her textbooks are the daily newspapers and current magazines. Her topics are the food shortage features, the butter and meat "extenders," the OPA's point rationing system, the reasons for price rises in wartime, the effect of inflation on her pocketbook, why she should have a Victory garden and what it should contain, farm labor shortages, and the results of transportation difficulties.

Agriculture, like the Hydra of old, has many, many heads or divisions, and in any study offers a variety of topics that would eliminate any monotony in reading or discussion. Therefore, such time as can be given to an understanding of this huge industry should produce a more intelligent and understanding people who want to know not only the conditions that exist, but the reasons why they exist.

Interesting and worthwhile news of current interest can be followed by reading the papers from day to day on any progress made to relieve the farm labor shortage, to settle the question of farm subsidy, or, to further the organized planning for Victory Gardens.

Verna L. Clarke
Academic Div. Head

"DAIRY DIARY"

The picture Dairy Diary was shown to the student body through the courtesy of the Wirthmore Company, Feb. 10. The picture brought out good points on successful dairying and the effort of farmers to help the war situation.

Vernon H. Wright

SEARS ROEBUCK PRIZES FOR PUBLIC SPEAKING AWARDED

The Sears Roebuck prizes which are given annually at Essex County Agricultural School to the winners in the public speaking contest were awarded Feb. 24 at assembly by Director Harold A. Mosstrom.

The winners were: first place to Leo J. Hebert Jr., of Saugus, who took for his subject "Importance of Agriculture." Mary Elizabeth Carey of North Andover placed second, the subject of her essay was "Why I am a Farmerette and Like It." Benjamin Sayles of Andover was third and spoke on "George Washington Carver." Ralph Hayward another student from Andover was in fourth place. His subject was "Food Will Beat the Axis."

The judges for the contest were Miss Verna L. Clarke of the Homemaking department, Instructor Ellery E. Metcalf of the Agricultural department and Byron Colby, 4-H Club Agent.

ECHO CLUB NOTES

At the regular Echo Club meeting held February 3, in the Assembly Hall in the Homemaking Building, several students who are engaged in some sort of Community War Service told about their work.

Jean Burke told about her activities as a member of the Red Cross Canteen Unit. Henrietta Booth described her activities as an Air Raid Warden, Claire Gillespie told about her work with the Red Cross Surgical Dressing group. Nancy Edmonds reported knitting for the Red Cross. Diana Olds described her experience as a Blood Donor.

The Echo Club meeting on February 19 took the form of a Patriotic Assembly in commemoration of the birthdays of Lincoln and Washington.

Dorothy Lawton of Danvers, presided. The program opened with a salute to the flag followed by the singing of the National Anthem.

Nancy Edmonds of Wakefield gave a reading entitled, "Washington's Birthplace."

Rose Dawkins of Groveland read Bryant's poem, "Abraham Lincoln" and Cynthia McAulay of Danvers gave a reading entitled, "Abraham Lincoln." The program closed with the singing of "America the Beautiful."

Priscilla Wright

CLUB NOTES

Farm Foreman William J. Abbott '16 gave a talk on the work of the Essex County Dairy Herd Improvement Society to the Animal Husbandry Club on February 17.

At the last meeting of the Floriculture Club, Miss Winifred Freeman of North Beverly demonstrated the making of corsages. About 25 members and friends of the club attended and were amazed at the skill exhibited by Miss Freeman. At the demonstration Miss Freeman presented the corsages that she made to several members of the club.

John Merrill

FRESHMEN HYGIENE CLASS

The Freshmen Hygiene class have been studying the subject of shampooing the hair. The following method was used and proved satisfactory.

1. Place towel around neck.
2. Brush hair starting at ends and working upward.
3. Comb,, using same method as for brushing.
4. Place the person in position and bring hair forward.
 - a. spray head with water, starting at forehead and stroke with finger tips over sides and back of ears.
 - b. apply soap solution.
 - c. rub with fingers downward with firm strokes.
 - d. start at forehead, working down over back of head and ears.
 - e. stroke toward ends of hair and remove lather.
5. Rinse hair with warm water.
6. Repeat above steps.
7. Rinse thoroughly until hair squeaks when you pull on it.
 - a. remove surplus water by stroking downward.
 - b. bring towel up over head and pin over forehead.
8. Dry with towel using upward and downward strokes.
9. Brush, starting at ends and working up.
10. Comb before hair is thoroughly dry.

You should shampoo your hair once every two weeks if possible for your own personal appearance and for society.

Cynthia McAulay

HONOR ROLL

The following were listed as being on the honor roll for the second quarter at Homemaking Department of the School:

High School Graduates: Jane Barter, Beverly; Florence Bartlett, Salisbury; Jean Burke, Danvers; Olive Doty, Salem.

Seniors: Carolyn Archambault, Methuen; Grace Marshall, Peabody.

Juniors: Irene Champagne, Lawrence; Nancy Edmonds, Wakefield; Evelyn Kent, Georgetown; Constance Ormsby, Andover; Mildred Sapiezna; Lawrence.

Freshmen: Hilda Gaudet, Andover; Barbara Johnson, Danvers; Polly Little, Newbury and Theresa Morasse, Lawrence.

Those from the Agricultural Department were; **Seniors:** Joseph Roche Groveland; Paul Kent, Lawrence; Priscilla Glines, Andover; Gilbert Fournier, Lawrence.

Juniors: Lenley Henshaw, Salem; Chesley Mears, Essex; Sidney Barlow, Lawrence; Mary E. Carey, North Andover; Albert Miles, Lynn; Clifford Gaudette, Andover.

Sophomores: Joseph Bruni, Peabody.
2X Division: Leo J. Hebert, Jr., Saugus; Raymond Chalifour, Salem; Gilman Whitman, Danvers; Arthur Bohnwagner, North Andover.

Freshmen: Norman Nault, Lawrence; Charles deGrandpre,, Ipswich; Charles Savage, Newbury; Frederick Hall, Haverhill.

WHAT OUR TEACHERS DO AFTER SCHOOL HOURS

A few days ago I asked Instructor Fred Chase what he did after school hours. He replied that he was teaching a night course in non-motorized farm equipment. This course includes such things as learning how to repair and take care of non-motorized farm equipment, also how to work with sheet metal.

Mr. Chase teaches this course every Monday and Tuesday evening from seven to ten o'clock for a period of six weeks. The course has been going on from January 11 and will continue to March 23.

Twelve men are now enrolled in this course coming from Ipswich, Danvers and Topsfield. To be eligible for this course a farmer should have some farm machinery which is in need of repair.

Women who are likely to have to take over some of the farm duties are also eligible to enroll. The minimum age limit is 17.

Some of the benefits of this course are to assist the individual with farm machinery problems and to give him a better understanding of using sheet metal.

Leo J. Hebert, Jr.

EXHIBITS

The Victory Garden exhibit, placed in the rear of the assembly hall is the work of Miss Sarah E. Carleton, Librarian. With emphasis placed upon production of more and more food this exhibit is timely.

The soil conservation exhibit also in the rear of the hall is loaned to the school from the Mass. State College. The series of colored plates showing the effects of erosion have proved of interest to the students. These exhibits will be on display Farmers' and Homemakers' Day.

ST. PATRICK DAY DESSERT

Here is an appropriate dessert for a St. Patrick Day party. Lime Jello in individual molds with lemon sauce.

Lime Jello

Pour 1 pint of boiling water over the contents of a package of lime jello. Stir until thoroughly dissolved. Pour mixture into individual molds to harden.

Lemon Sauce

- ½ cup sugar
- 1 cup boiling water
- 1 tbsp., cornstarch
- few grains of salt
- 2 tbsp. butter
- 1 ½ tbsp. lemon juice
- few gratings nutmeg

Mix sugar and cornstarch, add water gradually, stirring constantly, boil 5 minutes, remove from fire, add butter, lemon juice and nutmeg.

Crisp cookies would be good served with this.

Patricia Little

YOUR SHOULDERS ARE IMPORTANT

One very important point in making smart, professional looking clothes is the set of the shoulders and sleeves.

If you notice the style trends in our fashion magazines you will observe that the shoulders which have been built out to a right angle are gradually becoming more gracefully rounded and soft looking. However the shoulders are still needing much padding.

There are as many varieties in shoulders as there are figures, each needing individual treatment. Sloping shoulders need to be built up, narrow shoulders need building out and hollow ones must be filled to hold the garment in position so one will not have a caved in appearance.

Different types of shoulder pads may be purchased at notion counters.

Many times one wishes to make their own. Here are general directions for making yours.

Cut two squares of muslin from 6 to 7 1/2 inches in size depending on your individual need. Place sheet wadding or cotton batting between making it about 1/2 of an inch at the center and tapering it out to nothing at the edges. Tack loosely at intervals to hold padding in place so that it will not slip out of position. Cut square diagonally in half and you have two pads of equal size and weight. Cover each pad with your dress material and attach to the shoulder seam—before putting in the sleeve. After the sleeve has been nicely fitted into the armseye and stitched to position tack shoulder pads to armseye seam.

Coats and suits need firmer pads than dresses.

Dresses and blouses made of light weight fabric need a lighter pad. Layers of organdy stitched about 1/4 inch apart all over the pad serves well for these light weight fabrics.

It takes time and patience to properly fit a shoulder pad the first time, but once you have properly fitted one for yourself the next one will be easy.

Myrtle R. Dunn
Clothing Instructor

SOIL TESTING SERVICE

There has been approximately 1000 soil samples tested in the soil testing laboratory this past year.

Instructor George Gifford of the school staff assisted Instructor Alton G. Perkins in the laboratory during the spring and summer months of last year. Leo J. Hebert, Jr., a member of the 2X division of the school has worked on a part time basis under the N.Y.A. program during the winter months and expects to continue as part of his summer project. With the acute food shortage facing us this year it will be more important to know what the soil conditions are that we may produce more successful crops.

ONE OF MANY LETTERS RECEIVED

Every day letters and cards are being received here at Essex Aggie from Essex Aggie men who are in the armed forces. It is impossible for us to print them all or to give you a complete list of those who are in the Service. The following is a letter from Ray Mizzi of Salem.

Naval Training Station
Bainbridge, Md.
January 21, 1943

Dear Mr. Cole:

I certainly enjoyed hearing from you and hope to be able to keep in touch with you and others at the Aggies.

It has been a fairly long time since I left school. At the time I had to decide a few problems that I thought were very important. They were; but not as important as the decisions that have to be made by all the millions of American boys today.

My nephew, Robert Mizzi, a former Aggie boy himself, is now in recruit training at the Naval Training Station at Newport, Rhode Island. We were at Aggies together and I hope that we can be together again, fighting our enemy.

I often think back to my Aggie days, Mr. Cole, when the boys would get together every afternoon for football practice; when Conway, after limping around all week long, would make more tackles on a Friday afternoon than any other man on the field. It's swell to remember getting together with Bill Hawkes, Ralph Reynolds and Gene Burr for those few minutes before bell each morning and hash over Mr. Gallant's previous days lecture on heredity or Mr. Forman's very interesting talks on dairy husbandry. Or those quiet FFA meetings that would be held in the auditorium. Or the summer I spent on the school farm; milking, driving tractor, pitching hay or clearing land—it was really a wonderful experience.

I have been in the Navy for almost a year now and like it very much. Some boys haven't been as lucky as I, and already have forfeited their lives in our cause. Don Herron, a fellow Salemite and friend, has lost his life. Charles Mackey was killed in the performance of duty to his country. It is very hard to believe these boys are dead, but I know that many other Aggie students and graduates are ready to risk their lives, in order to assure those left at home of a peaceful, yet strong country—the United States of America.

Sea duty is the thing that we all, here in Maryland are looking forward to. A chance to get a "crack at the enemy" is what we want most. I'm sure, Mr. Cole, that you will be able to tell the boys at our fine school that we, in the armed service, are sure of ultimate victory—though the road will not be an easy one—and that even though we risk our lives in battle, it's up to those at home, in school and in the plants, to carry on the American ideas the way we have learned them. Our work will then be made a little less harder.

Would you please say hello to Mr. Mostrom for me; the instructors and students too. I'll try my best to "drop in" on you all, if I do travel in that vicinity soon.

GARDEN CHAT

Plant Food for your vegetable garden

Plant food may be added to the soil in one of several ways: manure, green manure crops, commercial fertilizers and compost material. If you use manure apply at the rate of 6 cords per acre or 1 lb. per sq. ft., and supplement with 1,000 lb. of superphosphate, fertilizer, per acre or 1 lb. per 43 sq. ft.; and 350 lb. muriate of potash per acre or 1 lb. per 125 sq. ft. When no manure is used apply 1 ton of a victory fertilizer (3-8-7) per acre bases or 1 lb. per 21 sq. ft. The above suggested amounts of manure, superphosphate and muriate of potash are the equivalent of a ton of fertilizer. Most of our Essex County land is too acid for growing many of our vegetables and therefore should have an application of lime every few years at the rate of 1 ton per acre or 1 lb. for each 21 sq. ft. If in doubt as to the needs of lime bring a sample to the school for testing.

A good crop of rye standing 12-15" tall should be equivalent to 3 ton of manure turned under. Winter rye and vetch makes excellent green manure material to turn under in the spring. Another way that you could add plant food to your garden plot would be to spread your compost pile material about and turn under. While compost soil makes excellent material to top dress lawns you should apply it to your vegetable garden this season to aid the plant food situation.

Equipment and Supplies

Have you checked over your tools and supplies to see what will be needed for 1943? Hoes should be sharpened, a new handle should replace the broken one; broken lights of glass in the hot bed sash should be replaced, a coat of paint would preserve the wooden frame; bean poles should be cut or old ones should be treated with formaldehyde to control the bean rust spores which are hibernating in cracks of the poles or under the bark; poles to be used in constructing tomato trellis could be prepared, etc. Seed should be ordered early as a few varieties of beets, carrots, onions, etc., are reported short. Authorities report that there will be enough seed to go around but plan your garden carefully and then order conservatively. The last issue of the Farmer printed a list of varieties well adapted to Essex County conditions. The vegetable department at the School has prepared a garden plan for a plot 50' x 100'; suggesting varieties, planting dates, succession crops, depth of seeding, amount of seed, and cultural practices.

If you would like a copy of this plan, drop a card to the School requesting one.

C. M. Stearns

I am happy to say that I do keep in touch with Mr. Abbott and would like to hear from all of you at Essex Aggie.

Please remember all the boys in active service during the regular morning prayer.

Sincerely,
Ray Mizzi



4-H Club Notes



4-H'ers DID YOU KNOW?

That a soldier requires a ton of food a year? It takes the following approximate amounts to feed a soldier for one year.

50 lbs. poultry meat (turkey included)
110 lbs. of pork
30 dozen eggs
624 quarts of milk (includes all milk used in foods and for drinking)
40 lbs. of butter
348 lbs. of fresh and canned vegetables

260 lbs. of potatoes
What are we waiting for?—Let's produce some food for our boys!

"CAN YOU TOP THIS?"

The Jolly Thimbles Club of Salisbury collected 30 lbs. of phonograph records. The Batt Hill 4-H Club also of Salisbury, collected 10 lbs. or a total of 40 lbs. collected. Can your club equal or better that mark?

MIDDLETON CLUBS

Miss Annabelle Sylvester of Middleton recently organized two 4-H clubs with a total enrollment of 53 girls and boys. All members will either raise food, poultry, swine, calf, have a garden or do some canning.

The clubs are giving service to the Merchant Marines. The two clubs organized during Mobilization Week. One club is known as the "Young America 4-H Club" and the other the "4-H Victory Club."

4-H GIRLS RAISE PIGS TOO

Barbara Bruni a 4-H member age 13 of West Peabody has bought a brood sow. The little pigs will pay for her and a comfortable profit should be realized.

Judy Lane of Rockport has the same idea in mind as she has recently purchased a sow too.

When we realize that every soldier eats 110 pounds of pork a year we know that with 9 million men in the army that all the pork that can be raised will be a very definite help in winning the war.

Are you raising a pig this summer? If you are you should make your plans now as to where you will get your pig as they will be scarce.

NO PEACHES

There will be few if any peaches in Massachusetts orchards in 1943. Sub-zero weather saw to that.

MOBILIZATION DAY CELEBRATION

February 6-14 was National 4-H Mobilization Week. The Essex County 4-H Clubs took part in various ways.

The Georgetown 4-H Girls' Clubs had group singing and a talk on Nutrition.

The West Newbury 4-H Dairy Club had a talk on Dairy Herd Improvement.

The Jolly Thimbles Club wound up a drive on the collection of silk stockings and phonograph records, pledged to buy more Savings Stamps, and to eat more healthy meals. They also put an article in the local paper about Mobilization.

Miss Marion Parker of Beverly invited all Boys' Clubs to the Health Center and a program of colored slides put on by the Club Agent. An article was put in the local paper. Each 4-H member received a 4-H Victory Window sticker.

The Victory Stitch Club of Rockport led by Mrs. Dorothy Tuck, had an exhibit in a local store window and an article in the local paper. The members had a sewing machine contest.

The Chebacco Agricultural Club of Essex led by Mr. Paul Wyeth wrote a special article for the paper and had a talk by the Club Agent on "Goats."

The Buddies of Lynn led by Miss Dorothy Nowell had a salvage drive and put an article in the local paper.

The Between the Book-Ends and Junior Craft Clubs led by Mrs. Colby put in a window exhibit in Danvers, renewed the meaning of the 4-H Pledge. They had a special news story in the paper, and planned for food production and canning for the summer.

The West Boxford Clothing Club had a talk on how to conserve and repair clothing.

The new 4-H Boys' Club in Ayers' Village (Haverhill) had a special write-up in the paper.

The Merrimac Agricultural Club led by Mrs. Agnes Powers had an Essay contest on the "Importance of 4-H in Wartime." They have also purchased a number of Savings Stamps.

Mrs. Mary I. Jones leader of the Beverly 4-H Poultry Club reported that her club attended a 4-H Mobilization meeting and put an article in the local paper.

Mrs. Margaret Preston who leads the Lucky 4-H Club of Lynnfield Center reported that her club carried out Mobilization Day by inviting their parents and teachers to their club meeting. The girls made plans for the raising of food in the summer months.

Other clubs carried out Mobilization plans but have not reported yet.

Byron. Colby

Co. Club Agent

4-H GARDENERS PLAN NOW

Now is the time to plan for a garden! Every family having land should get into the gardening mood early! 4-H garden members are beginning to organize for their summer gardening now.

Here are some of the things to do before the soil is ready for gardening.

1. Organize your 4-H garden club.
2. Make a plan of your garden.
3. Order your seeds. (Don't get cheap seed).

4. Look over your garden tools, some may need repairing or renewing.

5. Decide where you will get your fertilizer.

6. Order your fertilizer, Now!

7. Make a hard wooden marker for marking out your rows.

8. Make up some wooden row markers

9. Make a Hotbed or coldframe.

10. Get your neighbor interested in gardening. He will thank you next winter when his cellar is full of stored and canned vegetables.

11. If you only have a small space for a garden—plant to grow the most nutritious vegetables. These are tomatoes, carrots, string beans, lettuce, cabbage and greens. If you have a large garden you can plant some of the less nutritive vegetables which you may have a liking for.

WEST NEWBURY DAIRY CLUB

The West Newbury Dairy Club under the leadership of Ralph Woodworth and George Kimball held a 4-H Mobilization meeting recently. The subject of the meeting was the Dairy Herd Improvement Association. Robert Smith the Dairy Herd Tester was the speaker and members gained a great deal from the talk.

One new member joined the club, Lawrence Craven of West Newbury.

NURSES NEEDED

"65,000 student nurses are needed in 1943. Nursing is War Work with a Future," says Dorothy E. Dawes, chairman of the Recruitment committee. Any older 4-H girls interested in this opportunity please write to the County Agent.

HOME GARDENS

In Chicopee, Massachusetts, to encourage home vegetable gardening, the mayor is planning to make tax title land available to the people who do not have suitable land in their backyards.

Essex Farmer and Homemaker

VOL. 25

HATHORNE, MASS. APRIL, 1943

NO. 4

Entered as a second-class matter, May 28, 1919, at the Post Office at Hathorne, Mass., under the Acts of August 24, 1912.

Used Farm Machinery and Equipment Available

One of the best results obtained from the recent AAA Farm equipment survey in Essex County was a list of used farm machinery and equipment which farmers wish to dispose of. The County office assumes no responsibility for the quality of this equipment.

Any farmer in Essex County who needs extra equipment and can not purchase new because of the shortage may obtain a list of used equipment and where it can be seen and purchased by contacting the County office at Hathorne. In the list of equipment will be found tractors, cultivators, potato diggers, planters and hillers; corn planters, many plows, lime and manure spreaders, mowing machines, hay loaders, hay rakes, spreaders and dusters, milking equipment, trucks (3); farm wagons and a long list of miscellaneous equipment.



Spring Plowing

Welcome Instructors' Conference

The Essex County Agricultural School will be host to the Massachusetts Association of Agricultural Instructors and Directors when they hold their annual conference here on April 16 and 17. This conference is usually held in late July or early August, but war-time conditions and the necessity of going over a new program of work have made it necessary to meet much earlier in the year.

The agricultural teachers of Massachusetts have met here several times in the history of the school, in recent years about once in six years, the last conference being held here in 1937.

All the county agricultural schools, the high school departments of agriculture, and the Smith school at Northampton will be represented at this meeting. Prominent speakers from the state and outside of the state are listed on the program. Many instructors will also participate in the various sessions of the conference.

This school wishes to warmly welcome each visitor and pledges itself to do everything it can to make them feel at home for the short time they are to be with us this year. Sessions will open at 10:30 on April 16 and close Saturday noon, the 17th.

Harold A. Mstrom
Director

Report of Progress

Food Production programs for 1943 are underway in over 90% of Essex County cities and towns. There are only three towns yet unheard from to date. Mass meetings stimulating interest in food needs and victory gardens have been and are being held throughout the county. Much interest is noted in the county through the local papers; plenty of pamphlet and bulletin material is yours, for the asking, through the Agricultural School, Hathorne, or through your local committee in charge of Food Production; and weekly on Radio Station WESX, Salem. There will be a question-answer period, Friday nights at 6:45. This period will be devoted primarily to answering the garden problems which you may encounter, from week to week, and should be of help to you in carrying out a successful victory garden this year.

HIGHLIGHTS OF THE CONFERENCE

The theme of the Conference will be "The Instructors' Job Under Wartime Conditions."

1. In obtaining labor for the farmer.
2. Instructing farmers in machinery repair.
3. Food for Victory Program.
4. Co-operating with other wartime agencies.
5. Possible deferment of our boys.

It is hoped that we will be able to have an outstanding speaker from Washington. Negotiations are underway at the present time.

We shall be happy to greet our new State Director of Vocational Education, M. Norcross Stratton; Associate Director and Supervisor of Rural War Production Training classes, Robert O. Small and we hope that Mr. Rufus W. Stimson will be with us too.

Men with ten years of service will be recognized. Awards of 25 year keys will be given to Mr. Franklin E. Heald, Supervisor of Teacher Training; Instructors H. Judson Robinson of Bristol; Ellery E. Metcalf, Essex and Thomas P. Dooley of Jamaica Plain High School.

The annual meeting with election of officers will be held during the conference.

George A. Meigs
President, Mass. Assoc. Agr. Teachers

ESSEX COUNTY FARMERS TO RECEIVE ASSISTANCE IN MARKETING TIMBER.

Through the efforts of the Essex County Forestry committee, Ezra Shaw has been assigned to Essex County as a project Forester under cooperative agreement with the Federal Forest Service, the Massachusetts Department of Agriculture and the Extension Service.

Mr. Shaw has served in the Federal Forest Service in Virginia, Idaho, Montana and at Civilian Conservation Camps in Massachusetts. He was born in Amherst, Mass., and graduated from Mass. State College. He has spent 16 years as a farmer in Massachusetts and can readily speak to farmers man to man on forestry problems. He will assist farmers to procure lumber for produce containers and farm construction and encourage and assist woodlot owners in cutting, harvesting and marketing timber and cordwood.

Although Mr. Shaw's appointment is definite only to July 1, 1943, it is hoped that Federal funds will be appropriated to continue this work at least for the duration of the war.

Mr. Shaw's headquarters will be at the Extension office, Essex County Agricultural School, Hathorne, Mass.

Essex Farmer and Homemaker

HATHORNE, MASS.

Published monthly by the Trustees of
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NEW STAFF MEMBERS

Several new members have joined the staff at Essex Aggie. Mrs. Rachel Caldwell R. N. of Salem, is teaching the classes in the homemaking department that Mrs. Mary E. Roundy taught.

Miss Mary M. Fitzpatrick R. N., is the new County Evening Practical Arts Instructor in Home Nursing, also from Salem. Miss Fitzpatrick is teaching classes in Ipswich Wednesday and Friday evenings at the Community church and Monday evening a class at Essex Aggie. Friday afternoon she is teaching a class for the Beverly Red Cross. Anyone interested in future classes in Home Nursing should get in contact with Mrs. Mary M. McIntire at the School.

Miss Mary Sacco of Lawrence is the new graduate apprentice teacher in the Homemaking department. She fills the vacancy left when Miss Helen Krone resigned to take a permanent position. Miss Sacco is a graduate of Framingham State Teachers' College.

Miss Margaret M. Fitzpatrick is the new Assistant 4-H Club Agent. Miss Fitzpatrick's home is in Rochdale, Mass. and is a graduate of Framingham State Teachers' College. She has had experience as a club girl. Previous to attending college she was a club member for seven years in Worcester County, a clothing club member for two years, a member of the Service Club and Sectional chairman for one year.

North Africa
Feb. 25, 1943

Dear Mr. Wood:

It has been quite a while since I have written you. I have a letter in my barracks bag. I apologize for not having written sooner but things have kept popping so I just neglected it.

I hope all is well with you. I have gained an inch in height and weigh 198 lbs.

When I left England I noticed most of the fruit was ready to be picked. Down here now the peach, apricot and almond trees are just over the bloom stage and the tender leaves are out. The green peas are up and have small pods. The grape vines are just bursting out with the small leaves. I have never seen so many grape vines in my life. You can see them for miles. The arabs are cultivating them now. Many rich French people own these large vineyards. That is all they drink is wine. Water is bad and full of disease. Lots of typhus fever and typhoid among the natives.

As for fruits, we buy plenty of large oranges and tangerines; dates are plentiful.

Your report on the Essex County Fruit Grower's Association seems as though most of the younger men are in the service. You lost a fine group of men in Brad Webb, Fred Reed and Harold Kelley. Oh! well, we will all be back at the Twilight meetings in 1944.

I'm glad to hear Ed Lynch is keeping with Archer Pierce. I'm sure he'll be a good fruit grower.

FARMERS' AND HOMEMAKERS' DAY

Essex County folks proved that they were interested in "Food for Victory" and in our Farmers' and Homemakers' Day when about 900 braved the icy streets to come to the various lectures, panel discussions and exhibits on March 17.

Dr. W. Elmer Ekblaw was the guest speaker in the morning and held the attention of everyone when he spoke on "Current Misgivings." Among his misgivings were the complacency of the American people and the predicament of the farmer and our food shortage.

Director Harold A. Mostrom spoke on the Essex County Emergency Food Program.

In the afternoon there were the various sectional meetings. Most of the commodity groups had panel discussions with local men taking the leading parts.

The Homemakers and Home Gardeners had an interesting afternoon with Mrs. Samuel D. Warren of the Board of Trustees as presiding officer. John Deely of the State Rationing Office spoke on Food Rationing. The interest centered around the talks by Prof. Clark L. Thayer on "Home Vegetable Gardens" and Miss Lawler's talk on "Home Canning." Many questions were asked of these two speakers.

The exhibits brought out many points that the speakers did not have time to stress. The storage of vegetables and the plan of a victory garden with the actual vegetables growing (corn eight inches high), and the charts of gardens brought many questions to the attendants. In the room where the Essex County Emergency Food Committee had their material there were 2,000 pieces of literature given out.

The Homemaking Department had their usual educational exhibit of work done by the homemaking students.

The trade show was well attended as the tradesmen that had booths this year were about the same number as last year.

Witham the caterer had charge of the lunch room and did a rushing business at noon and was kept busy for some time in the afternoon.

Your figures on yields at the School orchard for last fall indicates you had a bumper crop. I am glad to hear of good reports.

Army life is going good and I seem to like it, but I think my place will be in civilian life after the war is over. They do things so much different than a civilian does.

Please give my regards to all the school staff and all the fruit growers and to any other friends.

Henry Britton
Class of 1941

Henry's address is:
Sgt. Henry W. Britton, Jr., 11051377
Co. B. 343 rd. Engrs. A, P. O. 700
New York, New York, U. S. Army

SUPPLEMENT

Essex Farmer and Homemaker

SCHOOL NOTES

APRIL, 1943

FREE BELGIUM

An article that I read called "Needle in the Nazis" by John Kobler appeared in the Saturday Evening Post Magazine recently.

In Brussels there is a seven-story granite building called Place du Trône which to approximately 3,000,000 Belgians is the most hated place in the world. At this pace the Nazi specialists are taking over the food stuff and dairy products of Belgium. They make plans for starving the people and holding people as hostages so as to acquire good conduct from the rest of the country. Baron Alexander von Falkenhausen, the governor general, plans how to bring the Belgium people on his side.

"La Libre Belgique"—Free Belgium—has been brought back after twenty five years. In the last World War the first copy came out on February 1, 1915 with such patriots as Cardinal Mercier, Archbishop of Malines, and Adolphe Max, the burgomaster of Brussels heading it. Edith Cavell was also working on the underground paper and it was she that suggested sending one each time to the governor-general, at that time, Baron von Bissing. The governor-general died wondering what sort of black magic it was. He tried to solve the case himself but not being able to, sent for thirty-six good detectives from Berlin. German cameramen photographed the picture of their arrival in Belgium and by means of underhand work a Libre Belgique man fished the plate and printed it under the heading, "What Could Be More Obliging!" They finally thought they had caught all the men and when they started the trial the first day it began the judge was handed a special delivery and it was a copy of the paper. Toward the end only two men remained on the underground paper.

"La Libre Belgique" hasn't missed a dead line in more than two years. The first copies that came off the press are sent to the Nazi Governor, the Belgium Gestapo, and President Raeder. The paper is concealed in umbrellas, hollow canes, and false bottom satchels. A team of them farm it out among different job printers. In this way no one raid can prevent publication.

"La Libre Belgique" is not the only country's underground publication. It has many more papers which have special interests such as labor, royalism, and socialism. Another one, "The Voice of Women", is edited by and for the women of the country. There is one called the "Communist's Truth and People", which is disliked as much by the underground press as it is by the Nazis.



SERIES OF MOVIES

As part of the Echo Club activities during March, the members had an opportunity to see three films—two on Vitamins, one on food preservation, released by the Westinghouse Electric Co. Two of the films were in black and white and with sound effects.

The first of the films was entitled "V-Men." It told and also showed how the vitamins were saved by different types of cooking methods.

The second picture was in black and white with sound effect and was entitled "The Precious Ingredient." It tells the story of vitamins, in what foods they are found, and how to protect them in cooking.

The third picture was in technicolor and produced sound effects; the title was "40 Billion Enemies." It told scientific facts about the control of food bacteria.

These pictures proved to be a great help in some of our foods work in the Homemaking department. The students appreciated this opportunity very much and learned quite a bit from it that could be adapted to their school work.

Carol Wendell

It has never forgiven the Communists for their slip-flop during the Stalin-Hitler pact.

"La Libre Belgique", alone speaks for free Belgians everywhere. It is published with the regularity of clock-work, month after month, inexorably, maddeningly. "It is part of our national heritage," said a Belgian in exile. "As long as one Belgian retains the strength to set type, Peter Pan will survive."

Such an article makes our current topics interesting.

Diana Olds

ALUMNI NOTES

Lila Bullock, class of '41, is employed at Remington Arms, Lowell, in the Inspection Department.

Ruth Munroe, '40, is engaged to Hardy H. Budd of Beverly. The wedding will be in April.

Gwendolyn True, class of '40 is working in the Naval Intelligence Service, Washington, D. C.

Ruth Fossa, class of '35, of Salem and Hilda Brown, '39, of Peabody, are serving in the WAVES.

Mr. and Mrs. James L. Cashman (formerly Alice Croteau, class of '39) are the parents of a son born February 24, at Salem Hospital.

Miss Catherine Larkin of Salem, class of '34 is a second lieutenant in the Army Nurses' Corps, in Baton Rouge, La., in the Harding Field Hospital.

Christie Mpelkas, Richard Brown and Robert Bertram who were in the Freshman class at Mass. State College have all been inducted into the Army. They were among about 300 who were in the Reserves and called into service last month.

Wallace Frost '42 is employed at the Meredith Farm in Topsfield.

Henry Rodden '42 is employed at the Sunshine Dairy, Peabody.

Ralph Reynolds and Robert Smith of the class of '42 are employed at the School. Reynolds is milk tester and Smith is with the County Dairy Herd Improvement Association.

Robert Anderson '42 is employed as foreman at the Hardy Poultry Farm in Essex.

Warren Nelson '40 is Staff Sergeant at Clovis, New Mexico.

Donald Nelson '38 is working on the home farm in Methuen.

Dorrall Berry '32 of North Andover is employed by the Massachusetts Department of Public Works.

Kenneth Nunan '34 is employed in the control room at Radio Station WEEI, Boston.

Leona K. Fregeau

GREEN AND WHITE

The "Green and White" magazine came off the press and was distributed Friday March 12.

This edition is not as large as last year's, but everyone seemed to enjoy it.

There were pictures of the senior students, popularity contest, class history, class prophecy, letters from the service men, humor, jokes and many other things of interest.

The Green and White will be sent to the senior boys who are in the service.

Mary E. Lovely

EDUCATIONAL EXHIBITS

The annual Farmers' and Homemakers' Day was held Wednesday, March 17, in both the Homemaking and Agricultural Buildings. In the Homemaking Building were the usual educational exhibits.

The freshman girls had made pajamas for the Red Cross while the junior girls had made bathrobes. Some of these were on exhibition. From the senior and high school girls were wool dresses and suits they had made. The following girls were on duty in the clothing room: Patricia and Polly Little, Newbury; Jean Burke, Danvers; Jane Barter, Beverly; Miss Ruth Karlson, Saugus.

The library had an exhibition of the new books the department had received. Also there was an exhibit on the bulletin board an explanation of the present sugar situation and the possibilities of sugar being cultivated in the United States. Mildred Sapienza, Methuen; Eleanor Moore, Groveland; Irene Champagne and Rose Grasso of Lawrence were on duty in the library.

In the teachers' cafeteria, Mrs. Butman had an exhibit that showed what the well-filled lunch box should be like. There were booklets and bulletins showing foods to use in packing lunches, Mrs. Maude's exhibit was on Points and Food values with ration points.

Miss McJunkin and Miss Emerson exhibited ways of preventing waste food—for instance, using stale bread for crumbs, vegetable water in the making of soups, cooking apples with the peelings on, and retaining more vitamins, and how to use prepared left-overs.

The girls on duty in this room were: Rose Devoe of Peabody; Constance Ormsby, Andover; Nancy Edmunds, Wakefield; Hilda Gaudet, Andover; Theresa Morasse and Hazel Parah, Lawrence.

Miss Harris had on exhibit on Freshmen, Junior and Senior note-books. She had different posters on figure study. The Junior girls had their handicraft work on display. The following girls were on duty: Olive Doty, Salem; Florence Bartlett, Salisbury; and Evelyn Kent, Georgetown.

Grace Marshall

ANOTHER SCHOOL YEAR

Another school year of class room work is ending for the Agricultural Department. During the year we have said good-bye to many of our students and one teacher who entered the service, others have left to take on early projects. Although transportation and rationing has made it hard to carry on at times, we feel quite proud of what we have accomplished.

Our "Green and White" is just out, and although somewhat smaller, than previous years, it is a great success and contains many interesting articles.

As F.F.A. Reporter for the past year I have learned how important Agricultural Schools are today and how well known the F.F.A. is. I have learned that in almost every army camp in the

THE REASON AGED AND HANDICAPPED WORKERS ARE EMPLOYED

A physically handicapped man can be a splendid production soldier. We recognize that handicapped people can play an important part in the country's industries and services despite the physical defect.

At the present time the Ford Company at the River Rouge industrial area has 11,163 handicapped men employed, who are receiving full pay. 1,208 men are totally or partially blind, 111 are deaf, 135 suffering from epilepsy, 91 with only one arm, 3 with both amputated, 260 with crippled legs, 10 with both legs amputated, 139 with spine curvatures and 322 with organic heart ailments. No allowances or special considerations are given to these workers. Ten percent of the workers at the factory are physically handicapped.

More than 45% of the workers at the Ford factory are over 40 years of age, hundreds being in their seventies and seven in their eighties.

A survey was made showing that in 1900 only 23% of the nation's employees were 40 and 65 years of age, now the number in that group has increased to 37%.

A man 80 years of age is employed in the factory running an elevator. It was decided that it was too much for a man of his age, the elevator being an old-fashioned type and operated by a hand-pulled cable. He objected because if he had consented he would feel that he was slipping. A new type control was used on the elevator and he still runs it.

If the 40 and upward group are employed by industry, in the future, the younger people will not have to support their elders.

If these older people are working they will not feel the hopelessness one gets if he is not working. Looking forward to the next days activities will give them no time to grow feeble.

This information was given in an article that appeared in one of the current magazines.

Carolyn Archambault

F. F. A. ACTIVITIES

Realizing that this year more than ever we needed F.F.A. activities to keep up our morale and help the war effort, we put on our thinking caps and planned programs that would be interesting, without requiring the transportation of members, and that would be easy on our budget.

We decided on a War Stamp Drive, the goal to be \$500.00. Stamps were sold each morning and also exchanged at the school for bonds. We have reached our goal and more, \$520.00; and added to this one of our boys, Sidney Barlow of Lawrence, purchased \$750 worth of bonds. This gave our chapter a grand total of \$1,270.00.

Prizes are to be awarded to the two who purchased the largest number of stamps. These prizes will be three dollars worth of stamps; first prize will go to Lenley Henshaw of Salem and Andover. Second prize of two dollars in stamps to Franklin Barlow of Methuen.

We also carried on a successful scrap drive. All useless scrap that could never be used by any of the school departments was contributed. Several pounds of metal were collected when students turned in old keys.

Because of transportation difficulties we found it hard to get speakers and entertainers at our parties. We had many good movies and one afternoon dance just before the Christmas vacation.

We conducted a Public Speaking contest with cash prizes given by the Sears Roebuck Co., through their manager Mr. Miller of the Salem store. The winners were Leo J. Hebert, Jr., Mary Carey and Benjamin Sayles. A number of the members received their F.F.A. pins this year and are very proud to wear them.

Mary E. Carey

F.F.A. Reporter

VEGETABLE GARDENING

This spring some of the girls from the Homemaking Department had a chance to take up vegetable gardening, and several of them are taking it every Monday morning.

When they first started gardening they learned how to transplant lettuce plants and how to water plants correctly. They have also been pruning tomato plants and tying the plants up.

Recently the girls had their pictures taken in the greenhouse where they were demonstrating how to tie up tomato plants, and put seed in a trough.

The girls taking this course are: Seniors: Diana Olds; Juniors: Nancy Edmunds, Constance Ormsby, Ruth Stafford, Eva Drozdowski; Freshmen: Patricia and Polly Little, Rose Dawkins, Eleanor Moore, Dorothy Lawton, Cynthia McAuley.

Marion Peatman

Mary E. Carey

REFRESHMENTS ? YES !!

During World War I an artist painted his conception of war in the following manner—Dead bodies torn, shattered and mixed with scrap weapons, surrounded with charred trees, a dark atmosphere and in the midst, one tall lily with a white bloom.

Some peoples' minds are in the state of the war picture when certain food materials are eliminated from their pantry; but there are always humble, homely things like a lily bulb which can be brought into valuable positions.

At a recent committee meeting the hostess served her guests "Coffee"—Was it Coffee, Sanka or Postum? Everyone's guess was wrong. It was Carrot Coffee made by grinding winter carrots, drying and roasting in a 300° F., oven. The grounds were then cooked as regular coffee.

Molasses Cake and Ginger Snaps will benefit our health and also take the place of vanished sweets.

Molasses Cake

- 1 cup molasses
- 1/3 cup clarified washed, scrap fat
- 2/3 cup boiling water
- 2 1/3 cups sifted flour
- 1/2 teaspoon salt
- 1 1/2 teaspoon soda
- 1 teaspoon cinnamon
- 1/4 teaspoon clove

Put fat and molasses in saucepan and heat to boiling point. Pour into a bowl and add boiling water. Mix well, add all dry ingredients mixed and sifted. Beat vigorously. Pour into greased and floured cake tin or muffin tins. Bake at 325° F.

This will make one nine inch square cake or 12 cup cakes.

Ginger Snaps

- 1/3 cup molasses
- 3 tablespoons clarified, washed scrap fat
- 1 1/8 cups sifted flour
- 1/8 teaspoon soda
- 1/2 or 1 teaspoon ginger
- 1/2 teaspoon salt

Heat molasses to boiling point and pour over shortening. Add dry ingredients mixed and sifted. Chill, roll, shape and bake in a moderate oven until the edge of the cookies is brown.

Thus, with stored carrots made into Carrot Coffee and the scrap fat and molasses made into Cake or Cookies, any hostess may feel at ease if she wishes to show hospitality by serving refreshments.

Harriet Butman
Foods Instructor

FARM HELP

In order to help supply Massachusetts farmers with trained help, Massachusetts State College will offer a series of special courses. A course in poultry husbandry is already in operation; other courses planned are—vegetable gardening, dairy farming, fruit growing, and a second course in poultry husbandry.

HAVE YOU HEARD?

That after twelve years of research the Singer Sewing Machine Company has produced the Singer Surgical Stitching Instrument. It enables the surgeon to complete sewing together without assistance and cuts the time required by 75%.

That some hooked rug makers feeling the shortage of burlap are using monk's cloth instead, and say that it answers very well.

That rich Peasant embroideries are being used for decoration this spring.

That a touch of braid on suit or dress is a touch of magic.

That in little ways, too, a war is won. Simple things, like eating cheese instead of steak, by walking instead of riding—by turning our own hands to simple tasks, making many of the things that we used to buy—Today, more than ever, women everywhere are sewing their own, making new clothes, creating new from old. Every time a stitch is taken at home, manpower somewhere is relieved of a task.

Anna J. Smith
Homemaking Dept.

LABOR

The responsibility for the recruitment and placement of all farm labor has been given to the Extension Service. Plans are under way to provide a Labor Co-ordinator who will devote full time to this problem. However, we must know what permanent and seasonal help you need, when you need it, how many men, boys and girls or women you need and the work to be done, and whether you can furnish room and board.

Calton O. Cartwright
Asst. Co. Agri'l Agent

PRESERVING EGGS IN WATER GLASS

During the spring and early summer, when eggs are abundant and reasonable in price, they may be preserved for winter use, so' says Miss May E. Foley, Extension Nutritionist. Fresh eggs properly preserved may be kept for 6 to 9 months in good condition and used with good results. Those laid during March, April, May and early June keep better than eggs laid later in the season.

The eggs must be fresh, clean, perfectly dry, and preferably infertile. Soiled eggs may be cleaned with a damp cloth. They should have sound strong shells and under no circumstances should soiled, cracked, or even slightly checked eggs be used for preserving. For best results, cool the eggs as soon as they are taken from the nest and keep them cool until they are packed.

For 15 dozen eggs, use 1 quart of water glass (sodium silicate) to 9 quarts of water that has been boiled and cooled. Measure the water into a 5 gallon crock or jar which has been thoroughly cleaned, scalded, and allowed to dry. Add the quart of water glass and stir the mixture thoroughly.

GARDEN CHAT

Spring is here and are you ready to go with the 1943 Victory Garden? If you haven't got your garden planned and would like a plan for a 8' x 15' garden, a 25' x 30', a 25' x 50', a 50' x 50' or a 50' x 100' send to the School and a copy of the size plan you request will be in the next mail.

Don't attempt to plant beans and tomatoes, peppers and cucumbers during the month of April. They are warm weather crops and should not be planted much before the middle of May. Plant only the cool weather crops during April; such as, beets, carrots, onions, peas, cabbage, lettuce, spinach.

In preparing the soil one should spend plenty of time on this step. Thoroughly plow or turn the soil over; give it a good cutting up with the harrow or rake; thoroughly mix the plant food into the soil so there will be no danger of burning on the seedlings roots; and in transplanting seedlings or small plants be sure to firm the soil well upon the roots. A good practice to follow in transplanting is to set the plants slightly deeper than they were growing in the plant bed, except lettuce, and these plants should be no deeper than they were growing.

Folks who are growing their own plants should carefully watch temperature, humidity and ventilation. These are the three essential factors to keep in mind to grow good plants. When the plants are small a night temperature of about 60° is desirable. Then after they begin to grow cut down to 50°. Keep the soil on the dry side, particularly during the last days of their stay in the beds before setting into the field. Increase ventilation also during the last weeks to harden the plants down.

Keep in contact with your Victory Garden committee in your town or city during the season. They will be able to assist you in your garden problems this year. If you do not know who your committee members are the School will be glad to send a list to you.

C. M. Stearns

Then place the eggs in the crock in the water glass solution. If there are not enough eggs on hand when the solution is first made, more eggs may be added from time to time. Be very careful to have at least two inches of the solution covering the eggs at all times.

Keep the crock containing the preserved eggs in a cool, dry place, well covered to prevent evaporation. It should be kept in a place where it will not need to be moved after the eggs are put in the water glass.

When eggs preserved in water glass are to be cooked in water, a small hole should be made in the shell with a pin at the large end before placing them in water. This will allow the air in the egg to escape without cracking the shell when the egg is heated.



4-H Club Notes



CANNING

Last year Mass. 4-H members canned 188,000 jars. This year many more members will can because of the rationing system. Essex County 4-H members should plan now to do more canning in 1943. **Store What You Can — What You Can't, Can!**

Is there a 4-H canning club leader in your town? If not you should plan to locate one. It isn't too early to plan for canning now. Get your jars and rubbers now rather than waiting until the last thing.

We must accept the seriousness of next winter when food will be scarce. The squirrels and ants have been the ones to realize the seriousness of a long cold winter and they always store foods for winter.

Plan to Can and Can All You Can!

4-H FARM LABOR PROJECT

Soon we will be able to give you the detailed plans for certain ages of 4-H Club members to work on farms this summer to help in overcoming the farm labor shortage.

We do know that there will be certain recognition of those who do undertake a farm labor project and 4-H club members who complete the requirements of

- (1) Doing a minimum of 200 hours work
- (2) Send in monthly reports
- (3) Prepare and send in a final report

will receive the regulation 4-H Club awards.

THE AMERICAN GUERNSEY CATTLE CLUB

The American Guernsey Cattle Club of Peterborough, New Hampshire has presented Guernsey pins to the 4-H Club boys in Essex County who had purebred or grade calves as their 4-H project last year.

The following boys will receive the pins: Coleman Lee, South Groveland; Charles Savage, Newbury; Robert Hicks, Danvers; William Marshall, Georgetown; and Robert Whitcomb, Merrimac.

FOOD PRODUCTION ARMY

Boys and girls between the ages of ten and twenty may enlist in the Food Production Army by joining a 4-H club. If there is no club in their community, they may organize one. Older people may serve as neighborhood leaders for 4-H clubs. See your county club agent for more details.

AROUND THE COUNTY WITH THE 4-H CLUBS

The West Gloucester 4-H Club led by Mr. Robert Anderson is planning to use a 4-H initiation ceremony when they take in some new members shortly. Mr. Anderson has helped in finding other 4-H leaders for Gloucester and soon a girls' garden club will start under the direction of Miss Lucille Elwell.

The Busy Bees a newly organized club in Newburyport and led by Mrs. Marrice Cross are going to raise money to send one member to Camp Leslie as a prize for progress on project work. The club is composed of boys and girls who will have food production projects.

The Rocks Village 4-H Sewing Club of Haverhill led by Mrs. Thompson are working on novelties.

A new club, The Greenettes, led by Mrs. Gus Fischer of Middleton, will take Food and Canning as their projects. They have already made cake, cookies, and corn chowder.

A new leader, Miss Doris Horton assisted by Miss Atea Perri also a newcomer in 4-H work have taken over the leadership of the 4-H Garden Club in Groveland.

The Ballardvale Garden Club formerly led by Rev. David Segestrom has been reorganized under a new leader, Mr. Arthur H. Covell. Mr. Segestrom is now a chaplain in the army.

A new girls Poultry Club was organized in Saugus on March 3, with the assistance of Paul Corson. This is the only girls' poultry club in Essex County.

The Rockport Agricultural Club led by Mr. Roy Lane had a meeting on the Breeds of Swine. Several members in the club have already purchased their swine.

The Clever Cookers of West Newbury led by Mrs. Charles Fowler had a demonstration on Table Setting. They later cooked a luncheon.

The Flashing Needles 4-H club of West Boxford led by Mrs. Leon Jordan sewed on aprons and skirts.

The Thread and Needle club of Danvers led by Mrs. Gaudet are making 4-H uniforms.

The Enon Club of Wenham was recently reorganized under Mr. Willard Smyth. Most of the boys have poultry or garden projects.

The Red Rooster 4-H Poultry Club of Saugus led by Paul Corson held a Penny Sale to raise money to buy baby chicks for the members. The club also spent some time on Health and Safety topics.

(We have reports from the Batt Hill, Beverly Poultry Club, Merrimacport Agricultural Club, The Jolly Thimbles and The Buddies of Lynn. Sorry that there is not space enough to report them all. Perhaps next month. Ed. Note).

TEN THINGS TO DO BEST

Taken from a 4-H Club Letter from Virginia.

Be Dependable

Do what you promise to do or what is expected of you in your every day associations with your family, friends and others.

Have Better Health

Physical strength, vitality and nerve-control are a good basis for right living.

Learn to Work

Try improving your efficiency in your home work. Make your 4-H project help you more.

Know How to Take Part in Meetings

Be active in your own groups and co-operate and assist with other community organizations.

Enrich Your Spiritual Life

Be sincere and honest; have a faith; hold to high ideals. Take part in your Sunday school and church.

Do Your Part in Helping to Make the Farm Feed the Family

Plan with the family to produce the food required for an adequate diet for the whole family.

Make Yourself a Part of Your Community

Study the interest and needs and take your part in such a way that others can co-operate with you.

Respect the Flag of the U. S. A.

Know how to take care of it, display it, salute it.

Know What Your Government Stands For

What it means to each individual. Know what these mean to Americans: Declaration of Independence, Constitution of the United States, Bill of Rights, Monroe Doctrine, etc.

Learn More about Latin America and Mexico

PORK

Pork production by Massachusetts 4-H members will be increased this year through a plan sponsored by the Farm Youth Development Fund. H. M. Jones, state 4-H leader at Massachusetts State College, says that boys having facilities for raising a litter of pigs may apply to their county club agent for a brood sow. No cash is required but the 4-H member must convince a county committee that he is able to care for the pigs and promise to repay the purchase price when the litter is sold next fall. See your county club agent for details of the plan.

Essex Farmer and Homemaker

VOL. 25

HATHORNE, MASS. MAY, 1943

NO. 5

Entered as a second-class matter, May 28, 1919, at the Post Office at Hathorne, Mass., under the Acts of August 24, 1912.

Planning to enter E. C. A. S. ?

Young people who are thinking of the possibility of vocational training in agriculture or homemaking at the Essex County Agricultural School should get in touch with the School authorities now rather than wait until summer or just before classes open in the fall. There are several reasons for this.

Perhaps the most important one in this war year is that we may help such young people find work for the summer on some farm or in some home that will enable them to make their best contribution to the war effort. This experience will be a most excellent preparation, too, for entering upon the studies of the fall term.

Students thus placed will receive instructional visits from the School teaching staff while on placement.

By visiting the School now, accompanied by a parent, one may come to an early decision and thus make the summer work more effective and interesting.

Readers who know of boys or girls who might profit by attending the School can be of material assistance to the young people and the School by encouraging them to make an early contact with the Director, from whom further information, circulars, etc., may be obtained.

Essex County is Over the Top

Essex County is over the top on Food Production programs for 1943 in every town and city. Clinics are being started in the communities of the county where victory gardeners and animal producers can bring their various problems for diagnosing and help. Contact your local committee to find out further particulars. There is still abundance of pamphlet material for you, for the asking, through the Agricultural School, Hathorne, or to your local committee in charge of Food Production.

Victory Gardeners please note the change in time to 7:00 P.M. on every Friday night on Radio Station WESX, Salem, when there is a question and answer period devoted primarily to answering the garden problems which you may encounter during the season of 1943. Why not be a regular listener to this broadcast and profit by other's questions if you haven't any yourself to send in.

C. M. Stearns

Let Each of Us Do Our Part

Now that a large percentage of our everyday foods are on the rationed list the Homemakers' ingenuity is challenged to the utmost. In fact there is a double challenge. First she must continue to balance her money budget, and second, she must plan so as to purchase foods within her point allowance.

The Homemaker who has been budgeting her food dollars and has planned her menus by the week is finding the budgeting of points less difficult. For example, she has planned certain amounts of money to be spent for milk or vegetables or fruit or meats. Now she allots the points she has for each week or month to her processed food or her meats, fats, oils or cheese.

On the other hand the Homemaker who has gone into the store with no plan for the amount of money she could spend or any menu ideas is having her problems. She has used the method known as eye appeal and purchased her foods as they interested her or merely to appease her family's hunger.

Whatever our previous habit has been we must all get ourselves in line now because whether we want to realize it or not food rationing in some form will be with us for sometime to come. Even the ending of the war will not bring an immediate end to food rationing.

(Continued on page 1, col. 2)
(Of the Supplement.)

KEEP CHEESE COLD AND CUT OFF FROM AIR

A cold temperature and an airtight wrapping help keep cheese in best condition, according to H. L. Wilson, dairy specialist of the Food Distribution Administration of the U. S. Department of Agriculture. Cheese, one of the important protein foods, now rationed along with meat, may suffer from melting, molding, or drying in the home kitchen unless housewives know the simple facts of keeping it.

A cool or cold temperature such as the refrigerator is right for cheese because it keeps the butterfat in the cheese from melting and running out.

A tight wrapping in waxed paper cuts off air from the cheese and helps keep down mold. When air carrying mold spores comes in contact with the moist cut surface of cheese, mold develops. The more airtight the wrapping, the slower the growth of mold.

The waxed paper wrapping also helps against drying. But drying need not cause waste of cheese. Cheese that has dried out in the air and become too hard to use otherwise may be grated and used in cooking or sprinkled over the top of other food.

POTATO PAYMENTS STILL IN EFFECT

Irish potatoes and truck crops are not involved in the recent action of the House Appropriations Committee. This announcement was made this week by Charlie B. Jordan of Holden and chairman of the Massachusetts U.S.D.A. War Board.

Mr. Jordan stated it is believed that some confusion may result because of the press stories of the Appropriations Committee's report rejecting incentive payments on certain war crops. The funds for the Irish potato and truck crop programs are already available and can be obligated.

A payment of 50 cents per bushel will be made as previously announced on the normal yield of the acreage planted to Irish potatoes in excess of 90 per cent of the individual farm goal, up to 110 per cent of the goal.

A payment of \$50 per acre will be made as previously announced for each acre of approved truck crops (carrots, snap beans, lima beans, beets, tomatoes, cabbage, onions, and green peas) for fresh market, in excess of 90 per cent of the truck crop goal, up to 100 per cent of the goal.

POISON BAIT FOR CUT WORMS

In setting out tomato plants the use of collars is being recommended for the Victory gardeners. For those who wish to use poison bait the School recommends the following formula.

Formula

- 1 peck Bran
- ¼ lb. Paris Green
- 1 pint Molasses
- 1 gal. Water (about)

Mix bran and Paris Green, dry. Dissolve molasses in water. Then combine.

Apply fresh when seeds are sprouting or just before and at the same time plants are transplanted.

If necessary apply 3 times before June 15.

The poison bait is set in a depression on the ground and covered with ½ inch mesh wire screening held down with two spikes. This is necessary so that birds and house pets will not eat the poisoned bran.

J. F. Gallant
Science Instructor

Essex Farmer and Homemaker

HATHORNE, MASS.

Published monthly by the Trustees of
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REPORT OF THE CONFERENCE

The thirty-second conference of the Massachusetts Association of Teachers of Vocational Agriculture was held April 16 and 17 at the Essex County Agricultural School with about eighty present.

Among the speakers were M. Norcross Stratton, Director of Vocational Education in the Massachusetts Department of Education; Robert O. Small, Associate Director and Director of War Production Training; Lt. Col. Roy C. Charron, C.W.S. Regional Field Officer, Selective Service System; Roy C. Moser, Executive Secretary of Massachusetts Farm Labor Committee. A number of the members of the conference gave papers on the various subjects which were of vital interest to all and pertinent to the war and agriculture.

The following officers were elected for the year 1943-44:

President, Hilmer S. Nelson, Weymouth High School
Vice-President, H. Judson, Bristol County School
Secretary-Treasurer, Karl H. Erickson, Dartmouth High School

Executive Committee: The preceding officers and George A. Meigs, retiring president, Essex County School; Jack Sturtevant, Middleboro High School; Gilbert D. Bristol, Smith Academy, Hatfield; Eric C. Vendt, Barnstable High School, Hyannis; and Roswell Miller, Arms Academy, Shelburne Falls.

J. Andrew Karlson of the North High School, Worcester and Edward J. Donaghy, Jamaica Plain High School, Boston; were recognized as having completed ten years of service as teachers of Vocational Agriculture.

Thomas P. Dooley, head of the Department of Agriculture at the Jamaica Plain High School; Ellery E. Metcalf of Saugus and an instructor at Essex Aggie; and Mr. Franklin E. Heald, Supervisor of Teacher-Training in Agriculture in the Division of Vocational Education were recognized for their twenty-five years of service in Vocational Agriculture in Massachusetts and the Association awarded them "Twenty-five-year service" keys.

A resolution was passed thanking Director Mostrom and the staff at Essex Aggie for their excellent provision for the comfort and convenience of those in attendance at the Conference.

MORE FEED FOR MILK PRODUCTION

A change in the corn borer law now authorizes the Director of Plant Pest Control and Fairs of the Massachusetts Department of Agriculture to issue permits in the following instances; namely,

- (1) To allow corn land to be seeded to grass without plowing. This includes seeding in cover crop.
- (2) To postpone until the first week in May the plowing of corn stubble when seeded to a cover crop.
- (3) To postpone until the first week in May the plowing of corn stubble where there is danger of erosion.

Except for the above conditions the provisions of the corn borer law are in full effect.

This permission should encourage additional seeding for hay and pasture crops. Without a replowing job, fall stubble land may be simply disked and seeded. A plowing job is saved.

If also, one year of corn instead of two are practiced, twice the acreage of old sod would be renewed with the same amount of plowing. Double the seeded acreage thus obtained each year should increase still more the proportion of legume hays on farms. Such feed is badly needed.

All this could be accomplished with the accustomed amount of plowing. Moreover, if lime is applied when fitting for the corn, and 0-14-14 be harrowed in after corn for seeding, better yields should result.

The Director of Plant Pest Control and Fairs, 24 State House, Boston, will issue permits upon receiving applications.

VITAMIN C IN STRAWBERRIES

If strawberries start their journey to market in prime condition—with their "caps" on and packed to minimize bruising—they will retain most of their vitamin C or ascorbic acid content for 2 days at temperature up to 77 degree F. They will keep most of their ascorbic acid at least 3 days after they are picked if held at a temperature of about 40 degrees. But when their market quality declines, the vitamin value drops too.

Plant scientists of the U.S. Department of Agriculture and the North Carolina agricultural experiment station recently studied several kinds of small fruits, valuable sources of vitamin C—strawberries, blackberries, dewberries and raspberries. These studies showed there is no appreciable loss in vitamin C content for most berries if the fruit is uninjured, but that bruising, slicing, or juicing the berries results in heavy losses of the vitamin—except as it is done just before serving.

Blueberries keep their vitamin C content longer than any of the other berries tested. This is probably because blueberries are thicker-skinned and injure less easily. As a result, the oxygen of the air which is destructive to ascorbic

STORING OUR WOOLENS

One of the responsibilities of the housekeeper in the Spring is that of storing away woolens so as to prevent moth destruction. This spring the responsibility seems a little greater because the woolen garments now owned must be made to last as long as possible.

Moths are found in almost every home. They fly in darkened corners because they prefer darkness. They do not fit around lamps. The moth itself does not eat clothing but deposits its eggs on clothing. These eggs hatch into little worms or larvae which crawl around. When these larvae find a place on woolen clothing where they would like to eat they spin themselves a protection and commence their destruction.

Cold storage is excellent for the protection of all woolen garments against moths but many housekeepers feel that on account of the expense they must store at home.

Moths can not stand bright sunshine and the larvae will drop to the ground in the sun. The eggs can be dislodged or crushed by thorough brushing. This is the reason why woolens are put on the clothes line, brushed thoroughly and left to air in the sunshine. Woolen garments left in the closet all summer should be brushed and sunned often in this manner.

Dry cleaning will destroy all eggs or larvae on woolens, but will not protect against future infestation. However if the garments are wrapped in paper with the edges lightly folded or sealed, and if the paper never breaks, the clothing will remain free from moths. This applies to paper bags and cardboard closets. They themselves have no breaks, and the garments are not moth infested when placed in them.

Many housekeepers store woolen articles in a trunk or chest during the summer. If the trunk or chest is reasonably tight and if naphthalene flakes are sprinkled rather generously between the folds of the clothing all articles will be protected perfectly during the storage period.

Abbie L. Clapp
Clothing Instructor

BLACK MARKETS

Our present meat production will provide each civilian with approximately 125 pounds per year unless black markets prevent.

acid, is less likely to reach the tissues of the fruit.

When strawberry hulls or caps come off in traveling, or if berries of any kind are bruised, oxidation is relatively rapid, and this destroys vitamin C. In other words, the conditions under which fruit keeps well also help to preserve the vitamin content.

The housewife can apply these findings to home care of small fruits by using all berries as soon as possible after picking or buying them, and by avoiding hulling, crushing, or juicing strawberries until shortly before she is ready to serve them.

SUPPLEMENT

Essex Farmer and Homemaker

SCHOOL NOTES

MAY, 1943

LETTERS FROM THE BOYS

Recently Instructor George E. Gifford sent a letter to some of the boys in the Armed Forces and following are excerpts from some of the letters that he has received.

"Florida is alright, it is beautiful here but Massachusetts is still the best state in the union for me. (Science Note) The sand flies are terrible just at present. We bathe the horses in the ocean to help refresh them in this muggy weather. Your friend"

Anthony Allen

"We are having this afternoon off as it is a holiday in Georgia. I have been to Camp Mackall, N. C., training every day including Sundays. It is the toughest training outfit in the army. I think the service flag is a good idea."

Warren Brown

"I am writing this in appreciation of the letter you sent with news of the school. Newton Henriksen is also in the Company and he was just as glad to hear from you as I was. We have often decided to write you but the truth is we don't have much time. "Newt" is a corporal now and I am just a PFC. Sincerely" Jim Furey, Camp Shelby, Miss.

"As you see by my address I am in the Quartermaster Co. of the 66th Division. This division doesn't become activated until April 15. The rookies are coming in every day now. I was happy and proud to know that I hold a place on Essex Aggie's Service Flag, also to know that the Green and White was dedicated to us."

John C. Keilty

66th Q.M. Co. 66th Inf. Div.

A.P.O. 454, Camp Blanding, Florida

"I received your letter yesterday and I must say I was much pleased as well as surprised. I think you are all doing a fine job to keep things going. I guess most of us fellows do not realize how much and how often you think of us."

Eugene Burr

SWAT THAT MOTH

It takes one pound of moth preventive to 100 cubic feet to protect woolens against clothes moths. "Moth balls" should be hung in a cloth sack from the top of the closet.

SHIPPING NEEDS

In 1943 shipping containers will use 11 billion board feet of lumber. In average years the nation has used 4½ billion board feet of such lumber.

PLANNING AHEAD

Now that the warmer weather has arrived we all think of getting out-of-doors as much as possible. A good way to put this into practice would be to plan to gather your own dandelions. To help fill your pantry shelf with a few more canned goods, gather enough to can for future use.

From the following directions, Spinach chard, beet tops, as well as dandelions can be canned. One bushel makes 7 pint jars.

1. Pick over and discard undesirable parts.

2. Wash thoroughly.

3. Blanch by cooking with very little water until they shrink. This takes about 5 minutes.

4. Pack into clean tested jars using fingers or spoon to form moderately tight pack. Fill the jar.

5. Using a sharp knife cut twice at right angles from top to bottom. Add ½ tsp. salt to each pint. Fill with liquor from blanching.

6. Wipe off sealing surface, put on a good rubber, place cover in position and place in a steam bath for 120 minutes.

Canning such greens I am sure, will be well worth the time spent and the product very nutritious as well.

Leona Fregeau

LET EACH OF US DO OUR PART

(Continued from page 1, col. 3)

Possibly these suggestions may be of help to Homemakers in using their points.

1. Make point rationed foods fit into the planning of balanced meals.

2. Don't use points for processed foods if you can buy fresh foods.

3. Read the label on the can for all it tells about quantity, quality and ingredients.

4. Choose the can that will be most economical for your use.

5. Use all good juices - Waste none. Use vegetable juice in sauces, gravies and soups. Use fruit juices as sweetening in desserts.

6. Total your family's points allowed for meats, fats, oils and cheese. Allocate the necessary number of points for butter or butter substitute. Be sure the latter is re-enforced.

7. With your meat point chart in front of you plan the amount of meat you will be allowed and then set up your menu. Remember food extenders are not on the rationed list.

8. If you save all your excess fats and use this salvaged fat in cooking you

ALUMNI NOTES

The girls of the Homemaking Department have presented to their department a service flag in recognition of the following girls who have attended this school in the past years and have left for training in Uncle Sam's Armed Forces.

Jane Blaisdell '38 is in the Waves. Her present rating is 3rd class Petty Officer. She is now stationed at the Supply Department, Summer Street, Boston.

Hilda Brown '39 is in the Waves.

Reina Gumb '41 is in the Waves. Reina is having her "boot" training at Hunter College in New York City.

Helen Harrington '32 is a 2nd Lieutenant as an Army Nurse. Helen is in Australia.

Irene Burbeck '35 is 2nd Lieutenant as an Army Nurse. Irene is stationed at Fort Banks, Winthrop, Mass.

Priscilla Preston '36 is also an Army Nurse and a 2nd Lieutenant. Priscilla is stationed somewhere in the Pacific.

Betty Nief '38 is a Navy Nurse. Her present rating is 2nd Class Seaman.

Catherine Larkin '34 is 2nd Lieutenant and an Army Nurse. She is stationed at Baton Rouge, Louisiana.

Olive Pinney '33 is an Army Nurse stationed at Fort McClellan, Alabama with the rating of 2nd Lieutenant.

Dorothy Welch '32 is a 2nd Lieutenant and an Army Nurse. Dorothy is stationed at Fort Devens.

Ruth Fossa is now in the Waves.

Monica Coleman is also in the Waves.

The Service Flag in the Agricultural Department has the figure of 291 on it now.

A note was received from Warren Page of Middleton and the Class of '36. Warren is at the Officers' Training School in Texas and would like to hear from some of his class. His address is Ar/c Warren Page, Cadet Squadron 101; A.A.F.C.C. Brks 1727:

S.A.A.C.C. San Antonio, Texas
Miriam Fitchuk

will be saving points that may be used for meat. This will not mean that you will discontinue to turn in your pound of fat per week that is needed for the war effort.

Secretary of Agriculture Claude Wickard says, "Our food production resources are the greatest in the world. If we manage our supply well - if every one of us cooperates fully - we will not only have enough to win the war; we will have enough to give every one of us here at home a healthful and well balanced diet".

Let each of us do our part.

Ethel M. Moore

Ed. Manager, Homemaking Dept.

WAR TIME CLASSES

Since our boys at the front are sacrificing their lives to keep our country from being bombed we must and will do our part at the home front. We, at this school, are challenged with the Red Cross Courses such as: First Aid, Child Care and Home Nursing. If we do our part in studying either of these courses we may relieve a nurse for the front to help some needy soldiers.

This does not mean when a patient is at home in bed that you need to go to any expense and buy something that you haven't got for there are many substitutes. For warmth first have the patient wrapped in blankets, then use either a heated sand bag covered, hot water bottle covered or heated, and covered brick or stone, an old-fashioned iron covered, or electric pad or a jar with a tight screw top covered.

If you haven't any rubber sheeting you may use newspaper pads. An oil-cloth may be used but is not so good because it cracks too easily. When you have no bandages you may use a piece of old clean cotton cloth.

When a patient has been in bed for a long time their elbows or heels may become sore and uncomfortable, and to prevent this make a doughnut of cotton-batting and gauze. For a convalescent table use a drawing table, or a card table. An orange crate may be used to place books in. For any protection to any injured leg or limb you can make a cradle from any orange box or any type of box.

In clothing, some girls are renovating coats and men's trousers or shirts. Most of the girls have completed their navy blue graduation dresses and others are tailoring suits and coats.

In foods the girls are trying to save all the sugar and fat that is possible such as using karo and salvaged fat for chocolate or spiced cakes and for deep fat frying.

We are planning meatless menus but we still get the nutritive value. We also save the juice from some vegetables and make our own V8 juice. In this way we save many of our precious minerals and vitamins.

Also if we use canned goods we salvage the cans and we also salvage fat to help build the ammunition to lick the Axis.

In economics the Juniors are studying the new and old type of taxes, transportation problems, and agricultural condition. They are also keeping up with the latest war news of the day.

The senior classes this year are not keeping to their regular schedule for history. They have followed the war news of today as much as possible and its relation to this country. Our possessions were studied and their present status and government with relation to the future.

Some of the girls from different classes elected vegetable gardening. Then the rest of the junior division are having floriculture.

Each of these tasks as it is being done is carried on by the girls with a smile.

Miriam Fitchuk
Gladys Robertson

SENIOR A's DAY IN BOSTON

During vacation the girls of the senior A division spent a day in Boston. To make this day prove interesting, educational, and yet a pleasant one, several historic spots were visited.

The girls met at the North Station and the tour started by visiting Fanenil Hall Market. Viewing all the vegetables, fruits and fish brought to mind many things that have been taught in foods class. The trip continued along Washington Street until their arrival at the Old State House. There were guides in each room to explain the historical points. One man played an old organ for us.

Next came the big department stores, where the yard goods department was visited and the cloth for spring and summer was examined. The prices and quality of the material were compared with those in normal times.

By this time the girls were getting hungry. They met one of their former classmates, invited her to lunch and went to the Hide-a-Way for luncheon and enjoyed it.

During luncheon it was decided the next place to be visited that would be related to school work was the Museum of Fine Arts. They saw the different periods of furniture that had been studied with Miss Harris in Home Decoration.

Following the visit to the Museum the girls went to the Mapparium at the Christian Science Building. They were amazed at this large glass globe and glass bridge that they walked on. There were places in the war zone that they were able to pick out after the studying in our history class with Miss Clarke. From there they went to the Church, a very large building with two rooms in which the services are held. There was a guide who took them through and explained everything in detail.

The day ended with a "movie" and bowling, then back to the North Station. The girls departed feeling gratified that what they had started out to do had been accomplished.

Claire Gillespie

ECHO CLUB NOTES

On April 8, members of the Echo Club filled out a questionnaire describing the war activities in which they are engaged. These activities include, Red Cross knitting, sewing, courses in child care, surgical dressings, gardening, food preservation and clothing renovation.

On Wednesday April 4, there was a meeting of the Echo Club in the Home-making Assembly Hall. The president, Leona Fregeau, presided. At this time mimeographed sheets for the Victory Clothes Closet project were passed out. The president explained the project which was to be carried out during the spring vacation. The project included taking inventory of clothing on hand, repair that is necessary, airing, cleaning of clothing and storage of winter garments.

May R. Duckett

PROJECT NOTES

All students who are out on summer projects are required to submit weekly reports. Following are excerpts from some of these reports.

"This week I started to milk in the morning. This means that I work three or four hours longer a day than usual. I worked on the pig pen and got ready to build a new one. I worked on the 10 x 16 chicken coop when the wood arrived. Next week I expect to plant peas and spinach." L.H. '44

"I worked nights this week weighing seed such as radish, beets, cabbage, peas, beans, spinach and turnip. I have to put up orders and double check them. I am satisfied and contented working where I am for a summer project." A.B.

"My work consists of caring for chicks (R.I.R. sexed and B.P.R. straight run) in the brooder houses, the care of the brooder stoves; care of Rhode Island Red pullets on range; care of breeders in the laying house; care of eggs, including selection, grading, candling and packing both hatching and market eggs." C.M.

"I spread six cord of manure on an acre and a half. Then I plowed it in with the tractor. I had some trouble plowing. When I started on the outside and worked in toward the middle there was about 4-5 feet of sod left. The tractor would straddle this piece and rest on the base. I got a two horse plow and an eight foot chain and hooked on to the tractor, in this way I finished the job." C. S.

"This week we planned to do some harrowing, planting, and some other field work but the weather prevented these operations. Monday I dug the hot bed and prepared it for transplanting tomatoes. It rained in the afternoon so work was stopped. The next day we transplanted tomatoes for their second transplanting. The following days I transplanted celery and took a few hours to clean up the hen yard. Friday I harrowed a small piece of land but it was too wet so that job was dropped. Work for next week depends on the weather. Lettuce is ready for field transplanting and harrowing and plowing has to be done. R. S. P.

STAFF NOTES

Congratulations to Instructor and Mrs. Fred H. Chase (nee Gertrude Fitzgerald) upon the birth of a daughter on Sunday April 18, at the Beverly hospital.

Instructor C. M. Wood is ill at his home, 29 Columbia St., Danvers. We all hope for a speedy recovery.

Major Henry P. Thurlow is still in Southern California training troops on the desert. His address is Major Henry P. Thurlow, 533 Q.M. Serv. Bn., A. P. O. 437, c/o Postmaster, Los Angeles, California.

Mr. Hardy is back from six months in Florida and is brown as the proverbial berry. We are glad to have him back and to see that he is so well.

HOME CANNING

Many requests have been received by Miss Katherine M. Lawler, County Home Demonstration Agent regarding the use of water-bath and pressure cooker methods for canning. Massachusetts State College Extension Service approves the method of canning non-acid vegetables such as; beans, peas, corn, spinach, other greens, and asparagus, by means of water-bath method.

Extension leaflet number 142 "Home Canning of Vegetables, Fruits, and Meats" includes directions for canning vegetables and fruits with the water-bath method. It gives also a time-table for steam pressure canning of all non-acid vegetables.

The United States Department of Agriculture recommends the steam pressure canner in its bulletin because this bulletin is published to be used in all parts of the United States.

Certain spoilage organisms, as well as the spores of *Bacillus botulinum*, are not readily killed by boiling temperatures in non-acid products, but are destroyed by the high temperature developed in a pressure cooker correctly used. If *botulinum* spores are present in a non-acid food and are not destroyed, they may grow and generate a fatal poison, or toxin.

The non-acid foods include such vegetables as beans, peas, corn, spinach, other greens, and asparagus, as well as meats. It is for these products that the Department recommends the use of a steam pressure canner. In acid products such as fruits and tomatoes, rhubarb, and pickled beets, on the other hand, *botulinum* spores are made harmless or destroyed by boiling temperatures, and these foods can be safely canned by the boiling water-bath method.

Home-canned non-acid vegetables processed by the boiling water-bath method can contain *botulinum* toxin even if there are no signs of spoilage. To be safe, such products should be brought to a boil and boiled for at least ten minutes after the can or jar is emptied before they are eaten or even tasted. Boiling for a full ten minutes or more will destroy the toxin, though not the *botulinum* spores. It is the toxin, not the organism itself, that is harmful.

Any non-acid canned foods that show evident signs of spoilage should of course not be tasted or eaten at all.

Since there has never been in this state a case of food poisoning from *botulinum* toxin it is safe to can non-acid vegetables by means of water-bath method.

Katherine M. Lawler

ATTENTION FARMERS

Many farmers are in need of replacements in farm machinery. The Conservation Office at Essex Aggie has a list of used farm machinery that some of the farmers in the County are willing to sell. If you need replacements and can not get new machinery contact the County office for a list of available machinery.

MINUTE WOMEN AND THE EXTENSION SERVICE

With the shortage of gas and tires due to war emergency and with the increasing demands from homemakers for assistance from the Extension Service, the Minutewomen play a very important role. They serve as sources of information and contact neighbors to inform them of helps, meetings and other available services.

In order that they may function most effectively, it is necessary that they be made acquainted with resources available through the Extension Service. This is done by holding in each community, one or more meetings for Minute-women at which the Home Demonstration Agent or a specialist explains the services available and outlines the responsibilities of the Minutewomen to their neighbors.

In Essex County Miss Katherine M. Lawler, County Home Demonstration Agent and Mrs. Harriet J. Haynes, Home Management specialist, have met with 18 groups represented by 166 Minutewomen in order to explain the helps that are available to them and their neighbors through the Extension Service. At these meetings which are very informal the agent and specialist are equipped with a folder of bulletins and other material from which each Minutewoman may choose such material as she thinks will be helpful to her and her neighbors.

In every meeting held with Minute-women there has been a keen interest in the helps which have been brought to their attention. Many of these women have had little or no contact with the Extension Service and are most enthusiastic to learn of the opportunities available through this service and are eager to pass on information and material.

Although Minutewomen in some areas contact neighbors easily because they live in their immediate vicinity, in some instances these contacts involve considerable travel in many rural areas since the homes are quite far apart. Minute-women contact their neighbors through personal calls or visits or invite their neighbors to their home or meet them in neighborhood groups.

While these meetings are held to acquaint Minutewomen with the services available through the Extension Service, we find that they take this opportunity to get information on their special problems: namely, canning, preserving eggs, rat control, stain removal.

Although the Minutewomen accept the immediate responsibility of passing on information and material to their neighbors, they are willing to assume new duties and responsibilities such as arranging for demonstrations in canning, uses of meat and any other that will be given in the furtherance of the war effort.

Reports given by many of the Minutewomen show that meat demonstrations have been most timely and practical. As two women said—they came to the demonstration under protest as most demonstrations they attended were impractical. After seeing the demonstra-

GARDEN CHAT

The cool weather crops have been sown and many of them are up through the ground. The first planting of corn could go in anytime. Watch out for late frosts before sowing beans, cucumbers, squash and the setting out of tomato plants. Wait until June 1st before setting peppers and eggplants. As a rule, we are not safe from late frosts until after the 20th of May. Victory Gardeners who set out only a few tomato and pepper plants could set a little earlier and cover with newspaper tents at night time. These would serve as hotkaps.

Folks who grow early cabbage, broccoli and the like should keep in mind that maggots may trouble them seriously if they are not prepared. Why not send out the advance guard and ward off an attack of these fifth columnists. Place a tar paper disc about each plant at the surface of the ground. Be sure that they fit tightly. The disc should be about 3' square. Corrosive sublimate could be used as a liquid control measure in place of the paper disc. Dissolve 1/8 oz. of corrosive sublimate (poison) in 5 quarts of water and apply 1/2 cup of liquid to each plant about 1 week after setting in the field and repeat 1 week later. This material is applied at the time that the flies are about laying eggs from which the maggots hatch and crawl to the plant roots and do their feeding and destruction of the plant.

Weeds will be growing along with our vegetable crops. Be sure to knock these out before they get too large. Get weeds when they are small and allow the vegetable plants to have all the plant food and water that is available. Remember that weeds are undesirable company and we can not afford to feed something that we should not permit around. Frequent cultivation with a hoe or cultivator should be practiced to keep weeds down and to conserve moisture. Once a week is not too often.

If one is limited for garden space, practice growing staked or trellis tomatoes and pole beans to utilize space. This conserves ground area for other crops. Spacing for pole beans for the Victory Garden would be 3' x 3' while for trellis tomatoes 15" in the row and the rows 3' apart. Tomatoes to be grown on the ground should be spaced 3' x 3' or 3' x 4'.

C. M. Stearns

tion they remarked that they were delighted with the information that was given—everything so practical and usable.

The meetings with Minutewomen have been held in Marblehead, West Peabody, Lynnfield, Ballardvale, West Andover, Boxford, West Boxford, Ward Hill, Bradford, West Parish (Haverhill), 3 communities in Danvers, West Newbury, Groveland, Northern District of Andover, Topsfield and Buttonwood Lane section of Peabody.

Katherine M. Lawler



4-H Club Notes



NOTES FROM AROUND THE COUNTY

Harold Coleman of the West Gloucester 4-H Agricultural Club put on a seed treating demonstration for his fellow club members and then treated the seeds of all members who wanted it done. Semesan was used for the treatment and prevents damping off, a disease which attacks small seedlings.

A new leader Mr. Milton Sweet of West Boxford, is leading the agricultural club known as the 4-H Victory Club. Mr. Sweet is the local minister and is very interested in helping growing children as well as growing plants. Mr. Earle Nodine from the State College met with this club recently and gave them pictures on gardening.

The West Parish 4-H Club of West Gloucester (a girls' garden club) recently organized, enjoyed a talk and demonstration by their leader Miss Lucille Elwell, on methods of sterilizing soils to be used in seed flats.

The Merrimacport 4-H Agricultural Club recently enjoyed a lecture on Birds and their service to us. The club is led by Mrs. L. Foster Powers.

The Young America club of Middleton led by Miss Annabelle Sylvester recently enjoyed a Quiz on garden methods. Many of the members have measured their garden and ordered their seeds.

The Groveland 4-H Garden club led by Miss Doris Horton and Mrs. Perri talked about how to plant seeds in flats.

The Newburyport 4-H Garden club led by Mrs. Maurice Cross is selling seeds to earn money to send a member to Camp Leslie. The club also visited a local greenhouse.

The Ayers Village 4-H club is being led by Mr. Lawrence Robinson a new 4-H leader from Salem, New Hampshire. Recently the club enjoyed a talk by Mr. Nodine and slides on gardening.

Mrs. A. E. Moore is leading a garden club in Amesbury called the 4-H Mixture Club, as both boys and girls are enrolled.

The Weed and Win 4-H Garden Club of Saugus led by Boyd Berrett made plans to go on a hike at their last meeting. The members also plan to club together to purchase their fertilizer.

The Happy Hoe and Harvest 4-H Garden Club of Newbury have reorganized for 1943 and are led by Mr. Arthur Gilchrist.

Mr. Arthur H. Covell is leading the Ballardvale 4-H Garden club. The Union Congregational church voted to give \$10.00 to encourage the boys that had the best projects this summer.

The Girls Poultry club of Saugus learned to identify various breeds of poultry at their last meeting.

The West Newbury 4-H Dairy club led by Mr. Ralph Woodworth recently

NOTES FROM THE GIRLS' CLUBS

The Swampscott Busy Bevers who meet at the Health Center, led by Mrs. Margaret Webber are knitting squares for the Red Cross as well as working on dresses and jumpers. They are collecting newspapers and records as their part in conservation.

In Lynn the Buddies, under the leadership of Miss Dorothy Nowell are working on scrapbooks for the Children's Hospital in their spare time.

Between the Book Ends Club, led by Mrs. Byron Colby is making 4-H uniforms. They are continuing their work at home of refinishing old furniture for their rooms.

The Lucky 4-H Club in Lynnfield Center under the leadership of Mrs. Margaret Preston, is working on dresses. They are also collecting old records.

The Greenettes in Middleton, led by Mrs. Gus Fisher served a luncheon at their last meeting in their club room, combining their lessons on table service, salads, and popovers. They are to be congratulated on the way they carry on their business meetings.

The Jolly Thimbles of Salisbury, led by Miss Annie Dawson are learning to darn stockings and make mock sponge cakes. They have done a fine job collecting stockings and old records.

The Sunshine Club of Georgetown, led by Mrs. Warren Merrill and Mrs. Bertha Heatcock are finishing their dresses, blouses and dummies.

Mrs. J. S. Bennet's Home Gals of Danvers are carrying on a home project victory program to help their working mothers. They are planning a penny sale to earn money for 4-H uniforms.

The Victory Stitch Club of Rockport under the leadership of Mrs. Dorothy Tuck is making nightgowns and jumper dresses.

CANNING

Many canning club leaders have already located so that the clubs can get an early start. If you led a club last summer and you haven't been contacted yet for the coming season, send your name to the County Office. Miss Tena Bishop will be in Essex County on June 1st and 2nd for Leader training meetings in Canning to get us started on the right foot.

Margaret Fitzpatrick
Asst. Co. Club Agent

FUEL SHORTAGE CAN BE RELIEVED

The Massachusetts Committee on Public Safety reports that those in rural areas should cut as much wood as time permits. The regular cord wood dealers can not supply the increased demand and suggest that people cut their own wood wherever possible. Older 4-H club members should consider this as patriotic, as well as assuring themselves of a supply of wood for next winter. There is nothing to indicate that fuel in Massachusetts will be plentiful next winter.

CAMP LESLIE

Plans are being made for 4-H Camp Leslie to go ahead in 1943. The proposed dates are July 4 through August 8 or five weeks of camping. Mr. James Boynton of Haverhill will direct the Camp again this summer.

Non-4-H members will be considered the first two weeks of the camping period. The Camp Fee will remain the same as in 1942, namely \$8.00 a week for club members and \$9.00 for non-members of 4-H clubs. Camp Folders will be printed shortly. For details write Mr. James Boynton, Camp Leslie Director, 26 Byron Street, Haverhill, Mass.

DIP HAS CONQUERED THE TICK

A peculiarity of the cattle tick disease is that the animals responsible for its spread are apparently healthy, while those that are diseased do not convey the infection to others except through the medium of a particular species of tick. This disease, an article in the Yearbook of Agriculture explains, has been virtually wiped out as a cause of serious losses of livestock. Eradication of the cattle tick by systematic dipping of cattle in the affected Southern States is responsible for the improvement.

RABBIT PRODUCTION

Meat rabbits average 8 or 9 pounds when full grown. A female can reproduce on the average 15 to 20 offspring each year, or three females would produce all the rabbit meat the average family would want.

WEEK END BUYING

Sixty per cent of retail grocery advertising is done on Thursday; 86 per cent is done on Thursday and Friday.

learned how to tape a calf to estimate its weight. The club also studied dairy cattle judging.

The Batt Hill club of Salisbury has decided to see what they can do to prevent the spread of the Brown Tail Moth.

Essex Farmer and Homemaker

VOL. 25

HATHORNE, MASS. JUNE, 1943

NO. 6

Entered as a second-class matter, May 28, 1919, at the Post Office at Hathorne, Mass., under the Acts of August 24, 1912.

Farm Labor Coordinators

Farm Labor Coordinators have been appointed in 34 cities and towns in Essex County, it was announced today by Calton O. Cartwright chairman of the Essex County Farm Labor committee.

These coordinators have the important task of recruiting farm labor in their respective communities. Those in areas where there is considerable agricultural production have the additional task of serving as liaison officers in matching the needs of local farmers with boys or girls for seasonal or emergency farm work.

Coordinators have the cooperation of local school departments and the Farm Labor Placement Office at the Essex County Agricultural School. William P. Scott, Essex County Farm Labor Supervisor is heading up the organization work in the county and he urges all farmers to let their local coordinators know as soon as possible just what their needs are; when they need the help; kind of work; wages; and other necessary details.

If local labor is short workers will be brought in from nearby cities.

All school pupils accepting farm employment automatically become Massachusetts Farm Volunteers after completing a specified period of approved farm work and will receive an attractive emblem at that time. Later in the summer or during the fall, certificates will be awarded to pupils who have demonstrated satisfactory performance.

(Continued on page 3, col. 1)

RED ROOSTER CLUB CELEBRATES TENTH ANNIVERSARY

The Red Rooster 4-H Poultry Club of Saugus held their tenth anniversary banquet on May 4, at Carls Duck Farm in Saugus with 150 members and guests present.

Among the special guests were Louis A. Webster, Commissioner of Agriculture in Massachusetts and State 4-H Leader Horace M. Jones.

Sixteen 4-H members received poultry awards. Paul Corson has been leader of the club for 10 years and Benjamin O. Belonga, has acted as a club advisor for an equal number of years.

Mr. Belonga dedicated a Service Flag for the 19 former members of the club who are now serving their country. Many of the parents of these members were present and were honored with the presentation of a rose.

Parents' Day June 16

You and your friends are cordially invited to attend the annual Parents' Day Program to be held in the Home-making Building on Wednesday, June 16.

There will be exhibits of the girls' work to see during the morning. The campus and Bauer Athletic Field offer ideal opportunities for a picnic during the noon hour. The afternoon program will begin at 1:30 P.M. Director Harold A. Mostrom and Rev. Paul S. McElroy of Danvers will speak and the girls will present a Fashion Parade. Mr. McElroy has chosen for his subject "You and Your Life Work."

Both Faculty and Students look forward to greeting you on June 16 here at the School.

Ethel M. Moore
Educational Manager
Homemaking Dept.

VICTORY GARDENS IN ESSEX COUNTY

There are many victory gardeners who think that as soon as their gardens are planted there is nothing further to do until harvesting time. THAT IS NOT TRUE! Plan to make regular weekly cultivations of your crops after the seedlings are up and you can see the rows. Plan to thin out seedlings leaving only those plants which should be allowed to mature. Plan to keep watch for insects and diseases during the season as they may appear and then use the right control for them. If you haven't a copy of Extension leaflet No. 59 send to the School for a copy, this bulletin will tell about these pests. Plan to harvest vegetables during the season so that you will have quality products. Plan to can all surplus vegetables not used in fresh stage.

C. M. Stearns

VICTORY GARDEN BROADCASTS

Broadcasts from the model garden on Boston Common will be each Monday, Wednesday and Friday afternoons at 4:45 P. M. These broadcasts will be carried by the following stations WEEI, WKNE, WMAS, WLAW, WABI and WBRY.

4-H Leaders—Listen in!

Essex Aggie Canning Kitchen

A community canning kitchen will open in the Homemaking Building of the Essex County Agricultural School on Tuesday, July 6, for the convenience of Essex County Homemakers.

It is anticipated that many women from nearby communities will find it desirable to take advantage of this opportunity to use the kitchen facilities of the School which will be available Tuesdays, Wednesdays and Thursdays each week until August 27.

Members of the regular faculty of the school will be in charge and will give instruction in the best methods of food preservation. Hours are from 9-5. Women may learn by doing their own canning in our kitchen under School supervision.

A woman wishing to avail herself of this opportunity must make arrangements in advance by calling the school Danvers 50 and talking to the canning supervisor. She will be asked when she wishes to come and what product she desires to can in order that efficient plans may be made for the convenience of all. A woman must bring her own produce, jars, rubbers and sugar if required. It is desirable that she bring her favorite paring knife. These women will do their own canning under the supervision of the canning instructor.

If it is desired to buy produce from the school arrangements must be made with the fruit or vegetable department. A small service charge will be made for each jar which the woman cans. This small fee must be paid before the jars are taken home.

It is very desirable that as many women as possible do canning this summer for their own use next winter. No points are required for what you can yourself and a good canning supply will greatly improve the quality and variety of your winter menus.

Essex County is organized 100% for Victory gardens and this should include food preservation. We want fresh garden produce for our families this summer but it is equally important that we store and preserve a large supply for the winter. Let's begin now to make our plans for canning. We expect no difficulty in obtaining jars or rubbers but don't wait too long to purchase what you need and let's be sure that every jar in attics or cellars is brought out and made available for use. Jars do not deteriorate with age and properly tested very old jars will be perfectly satisfactory. Also remember that com-

(Continued on page 3, col. 3)

Essex Farmer and Homemaker

HATHORNE, MASS.

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FOOD PRESERVATION—ESSEX COUNTY

Up to the present time over 1500 canning bulletins have been distributed in Essex County at the request of homemakers. This would seem to indicate that canning will be a major part of the homemaking schedule of a large number of the homemakers in the county.

Canning demonstrations are being arranged by Miss Katherine M. Lawler, County Home Demonstration Agent of the Essex County Extension Service. These demonstrations will be given by Miss Lawler, by a member of the Homemaking Staff of the Essex County Agricultural School, or by a member of the State Extension Staff of Massachusetts State College.

The following demonstrations have been arranged:

Manchester—June 8-August 3.

Marblehead—June 10 (canning talk).
July 15-August 26.

Rowley—June 11-August 13.

Danvers—June 15-June 17-June 18-
July 6-July 16-July 20-July 21-July
22.

Nahant—June 15-August 17.

Lynn—June 16-August 17.

Wenham—June 16-July 21-August 25
September 15.

Groveland—June 17-August 26.

South Groveland—June 18-August 27.
Methuen—June 22-June 23-August 25
August 27.

Saugus—Oakland Vale-June 24.
North Saugus-June 29.

Beverly Farms—June 25.

Haverhill—Bradford-June 29-July 27-
August 31.

Riverside—June 30-July 28-Septem-
ber 1.

Tilton School—July 1-August 5-Septem-
ber 2.

West Haverhill—July 6-August 10-
September 7.

Saunders Hill—July 7-August 11-Septem-
ber 8.

Smiley School—July 8-August 12-
September 9.

Ward Hill—July 9-August 6-Septem-
ber 10.

Haverhill Baptist Church—June 29-
July 27-August 31.

Rockport—June 30-July 28-August 31.
Salem—July 8-August 19.

Swampscott—July 12.

Ipswich—July 14-August 18.

A Home Food Production or Victory Garden Committee has been active in every city and town in the county. The time and place of local meetings may be obtained from the members of these committees. If your community has not yet arranged for any demonstrations, arrangements may be made through the local committee.

Community Canning Kitchens are being set up in Andover and Danvers and others are being considered.

Further information may be obtained from the County Home Demonstration Agent at the Essex County Agricultural School.

K. M. L.

SELLING LOGS BY SCALE

Farmers frequently have to sell the products of their woodlots in the form of logs says Ezra Shaw, Essex County Forester. Log rules are used to estimate the number of board feet in logs of different sizes. There are scores of different log rules used in this country, all varying in the volume which they allow to specific logs.

The number of board feet in a log 12 inches in diameter by 16 feet in length, scaled by different rules, ranges from 62 to 112 board feet.

It is very important to consider the rule which is to be used when selling timber because it will make a great difference in the total of timber scaled and the amount of money received.

The three rules most commonly used today are the Doyle, Scribner, and International. For small logs which make up the bulk cut from farm woodlots, the Doyle rule gives volumes so much below what the logs will actually produce as to be thoroughly unsatisfactory and unfair to the seller. Selling logs 28" in diameter or less at the small end by the Doyle rule should be avoided wherever possible.

The following table shows the results of a test made using the Doyle rule and comparing with the mill run in Ontario, Canada.

Diameter of log at small end, inches	Scale by Doyle rule, bd. ft.	Actual output of inch lumber, bd. ft.	% over run
6	3	14	366
8	12	30	150
10	27	50	85
12	48	76	58
14	75	108	44
16	108	144	33
18	147	186	26
20	192	234	22

If a farmer is required to accept the Doyle rule in order to make a sale, he should realize its deficiencies and insist upon adjustments in price to compensate for its inaccuracies.

The Scribner rule is fairer than the Doyle. Careful sawing, however, should result in 10 to 20 percent more lumber from second growth timber than is credited by the Scribner rule.

The International rule gives log volumes that are close to the mill run of logs when sawed by an efficient mill. It is one of the fairest rules, and the reason it is not in more general use is due to the unwillingness of timber buyers to employ a rule which allows for a minimum of over run, where in the past they have been able to get away with inaccurate rules which insured a large overrun.

The International rule was adopted as the official rule by the U. S. Forest Service for scaling logs purchased after the New England Hurricane of 1938. It is the legal rule in New York State and its use is advocated by the Federal Land Bank of Springfield, Mass.

LAUNDERING RAYONS

The war has resulted in an increased amount of rayons being used for hosiery, gloves, dresses and table linens. War has also curtailed the services of laundry and dry cleaning establishments, and more laundering is being done at home.

Laundering rayons presents special problems. All rayon fabrics become weak when wet, and do not regain strength until dry. This means that very careful handling is necessary to prevent threads from being broken while wet.

Wash rayons before they become too badly soiled. Don't soak. Use a suds made of a mild soap and luke warm water. Squeeze suds through fabric. Don't rub soap directly on rayons. Rinse well, squeeze out water, don't wring. Excess moisture may be removed by wrapping article in towel. Never use bleaches on rayon goods or any fabric which has rayon fibers mixed with cotton.

If rayons are washed in machine use luke warm water, mild suds, loosen wringer before wringing out water.

When hanging rayons on line don't push pins in too tightly. This may break the thread. Many rayons especially knit goods should be dried flat.

Iron rayon fabrics dry or slightly damp, and on the wrong side. Use a cool iron, too much heat will melt some rayon fabrics.

Never iron stockings. Don't wear rayon stockings until they have had 36 to 48 hours for drying and regaining their original strength.

Constance Maude

FARM LABOR COORDINATORS

(Continued from page 1, col. 1)

This program of Farm Labor Recruitment and Placement is sponsored by the Extension Service of the Essex County Agricultural School. Instructors from the School will visit farms where boys or girls are employed and will supervise their activities when requested.

Amesbury, Ralph Frisbee, Tel. 426
Andover, Eugene V. Lovely, Tel. 348 - M
Beverly, John Page, Tel. 366
Carl Bair, Tel. 2048
Boxford, Miss Barbara Perley, Tel. Topsfield 73
Danvers, Miss Elizabeth Ryder, Tel. 104 or 98
Essex, Mrs. Helen P. Myers, Tel. 204
Georgetown, Herbert A. Palmer
Gloucester, Leslie O. Johnson
Groveland, Warren S. Darling, Tel. 139
Hamilton, Raymond C. Wass, Tel. 575
Haverhill, Ernest Howard
Ipswich, Ralph C. Whipple, Prin. High School
Lawrence, Dennis Callahan, Tel. 32219
Brother Emile, Tel. 24360
Lynn, Ernest Stephens, Tel. 3 - 1680
Lynnfield, Roger Woodbury, Tel. Lynnfield Center, 3 - 1877

JUNE THE MONTH OF STRAWBERRIES

As there is a shortage of transportation, fuel and reports indicate that there will be an abundance of strawberries, we should use them as often as possible. They may be used on shortcake or strawberry whip, and they also may be canned for next winter.

Less sugar is used when strawberries are fully ripe. One-half cup of sugar is ample for a quart of berries.

Rich Shortcake

2 cups flour
¼ cup sugar
4 teasps. baking powder
½ teasps. salt
1 egg or 2 yolks
1/3 cup butter or shortening
1/3 cup milk if pastry flour is used
few grains nutmeg

Mix dry ingredients and sift twice, blend shortening and cut in, add beaten egg and milk. Pat out to ½ inch thickness on floured board. Shape and place on slightly greased pan. Spread with melted butter or shortening, put another biscuit on top. Wash with Egg Wash. Bake in hot oven at 400 degrees.

Egg Wash

1 egg and 2 tablespoons of water beaten together.

Preparation of Strawberries

Wash and hull strawberries. Put half of the berries in a bowl and crush them. Save a few perfect ones for decoration. In with the crushed berries add the whole fruit, sweeten to taste. Place between layers of shortcake and garnish the top with whole berries.

Ruth E. Stafford

GARDEN CHAT

The wet weather has caused many complications for the vegetable grower this season; such as, rotting of seed, soft growth of seedlings and favoring of disease presence, leaching out of plant food, encouraging weed growth, and slowing up of all garden operations. This means more concentrated effort on the part of the grower to overcome these various situations.

In case seeds have rotted and less than 50% stands of seedlings are present it would be well to replant right in the present row or hills. Many of the small plants are light green or even yellow in color due to so much water and lack of sunshine. Many tomato plants show light green color. Do not be too concerned with that because with more sunshine and warm weather they should green up and normal growth of plants will be noted. Rots, damping off and blight diseases will be more prevalent this season which are caused by excessive moisture. Another reason that the leaves are so light colored is because of leaching out of much of the available nitrogenous plant food and it is nitrogen that cause our leaf growth and green color of foliage along with sunshine to help manufacture chlorophyll (green coloration of leaves). Weeds are growing most rapidly in most garden areas and the main emphasis on our Victory Gardens now should be to keep the cultivator, the hoe, the weeder or what ever you may have, active so as to loosen up the compact soil and let the air into and dry up some of this excessive moisture. Right along with this statement should go another that thinning of our extra seedlings lettuce, carrots, and the like so that food will be used by only those plants which are to mature.

Be on the look out for flea beetles on tomatoes and potatoes, cabbage maggots and cabbage worms on cabbage and broccoli; Mexican bean beetle on beans, cucumber beetles and squash bugs on the cucumbers and squash. If interested in a bulletin on the control of insects and disease, send to the Agricultural School, Haverhill, for Extension leaflet No. 59.

C. M. Stearns

ESSEX AGGIE CANNING KITCHEN

(Continued from page 1, col. 3)

mercial glass jars such as those in which you purchased mayonnaise, peanut butter, etc., make satisfactory preserving jars if the proper type cover is purchased at your hardware store.

Attend the canning demonstrations in your locality and be ready to put up a large amount of garden produce to keep your family well fed next winter. Remember food will win the war and it is up to us to use it wisely.

Ruth Emerson
Foods Department

Manchester, H. Deane Hoyt, Tel. 143
Marblehead, Frank Jones, Prin. High School
Merrimac, Chauncey D. Mackay, Tel. 2621
Methuen, Wm. Carney, Tel. 26789
Middleton, Miss C. Alice Manning, Tel. Danvers 475 - 21
Nahant, Matthew Caisson, Tel. 0317
Newbury, Miss Harriet Smith, Tel. Newburyport 1797-M
Newburyport, Miss Mary Connor, Tel. 354
North Andover, Milton Howard, Tel. 9031
Peabody, Archer Pierce, Tel. 1631
Rockport, Miss Ruth A. Fritz, Tel. 2114
Rowley, Miss Christine Stevens
Salem, J. Arthur Kenneally, Tel. 5220-W
Salisbury, Mrs. Frances Pow, Tel. 1383
Saugus, Walter D. Blossom, Tel. 1420
Swampscott, Frank S. Mansur, Tel. Lynn 2 - 2067
Topsfield, Charles E. Pethybridge, Tel. 194
Wenham, Philip H. Smith, Tel. Hamilton 235-W
West Newbury, Ronald S. Gibbons, Tel. 22



4-H Club Notes



COUNTY CONTEST

The 4-H Home Economics contest which will be held instead of the Essex County 4-H Girls' Day is just around the corner. All exhibits must be in the County office by June 12 for the contest on June 18.

It seems best not to have the girls present this year, due to transportation difficulties, but as usual, the county contest will be open to all girls of all ages. Those girls 14 and over will have their work considered for Essex County entries in the State home economics contest.

Let us see the results of the good work you have been doing all year.

M. M. F.

GIRLS' CLUB NOTES

The members of the Thread, Needle and Thimble Club of Danvers under the leadership of Mrs. W. R. Gaudet are all busy finishing their 4-H Uniforms so that some of them may be entered in the county contest June 18. They are planning to have them all ready to wear to County 4-H Camp Leslie in July, as nearly every member of the club is going to camp.

In Georgetown the "Rainbow Girls" are busy sewing their aprons under the leadership of Mrs. Bernice Holt. At each meeting one of the girls gives a short demonstration on the care of clothing.

Between the Book Ends Club of Hathorne, led by Mrs. Bryon E. Colby, held a club tour on May 14th. At each home, the club members showed what she had done in crafts as well as home furnishing. Some have started room improvement projects to be completed in the fall.

The "Home Gals" of Danvers held a Penny Sale on May 8th to earn money to go to Camp Leslie. They had a very successful evening, both socially and financially.

The Rock Village 4-H Sewing Club of East Haverhill, with Mrs. William Thompson leading, are making stuffed dolls. The girls met every other week and are making fine progress on their first years project.

AROUND THE COUNTY

A new Swine Club was organized in Saugus. The club is led by Mr. Patrick Eisan. The club reports the collection of 300 lbs. of scrap.

The South Side Farmers of Ipswich recently organized under the leadership of Mrs. Lela M. Johnson. Officers were elected and a discussion was held on the varieties of vegetables to plant in a small garden.

4-H CAMP LESLIE DATES CHANGED

The Camp Leslie Directors met on May 21 and voted to change camp dates from July 4 through August 8 (5 weeks) to July 4 through August 1, (4 weeks). The North Shore Council Boy Scouts will use the camp for four weeks beginning August third. The Camp Directors are anxious to give as many young people as possible a chance to make use of Camp Leslie's facilities. All interested campers should fill out and return their camp application promptly to Mr. James Boynton, Camp Director, 26 Byron Street, Haverhill. All 4-H leaders will be sent application blanks and they should be dispersed promptly to the club members. All correspondence concerning camp should be sent to Mr. Boynton.

AROUND THE COUNTY

The Garden and Poultry Club of Ipswich recently organized under the leadership of Miss Jennie A. Johnson. The club voted to plant a garden for Miss Patch an elderly lady. This is fine community Service Work.

The Merrimacport 4-H Agricultural Club led by Mrs. L. Foster Powers have a room with fine recreational facilities in Mrs. Powers' home where the members have many good times. The last purchase by the club was ping pong paddles. Recently the club collected over a ton of scrap.

The West Gloucester 4-H Boys Club voted that each boy will purchase a white shirt with the 4-H emblem attached from the National 4-H Club Committee. One member demonstrated how to cut potato seed.

The Old Town 4-H Dairy Club met and planned for the County Dairy Judging event. They studied pictures on Judging.

The Linebrook club of Ipswich led by Mrs. Woodsom recently organized and were honored with the presence of the State Club Leader, Mr. Jones. Several different projects will be represented in the club.

The West Parish club of West Gloucester (a girls garden club) went on a dandelion hike. Dandelions were picked on the walk. At another meeting Miss Elwell demonstrated preserving rhubarb, cold water method.

The Sow and Grow 4-H club of Groveland led by Miss Horton and Miss Perri used a true and false test on gardens at the regular meeting and found it helpful.

The Happy Hoe and Harvest 4-H Garden Club of Newbury led by Mr. Gilchrist read the pamphlet "A Challenge to Farm Youth in 1943", at their regular meeting. They also discussed the planting of gardens.

EXHIBITS

The Lynnfield "Lucky 4-H Club", under the leadership of Mrs. Margaret Preston held their exhibit in connection with the School Hobby Show on May 18, with a very successful showing.

The "Flashing Needles" completed their work as a banner club in West Boxford, led by Mrs. Leon Jordan. They exhibited their articles at the Parent-Teachers Meeting in connection with the school exhibit.

The "Victory Stitch Club" of Rockport, Mrs. Dorothy Tuck, leading, held their exhibit in the Rockport High School on May 13. The girls put on a program with an original skit.

Beverly 4-H clubs joined in a display of garments from each clothing group in the Beverly Library Hall on May 28. Miss Marion Parker club leader also had a poster exhibit at the Health Center by the Foods Clubs.

LEADER TRAINING MEETINGS

Canning Leaders have taken time out from their daily routine to meet with Miss Tena Bishop for leader training meetings in Saugus, Andover, Haverhill and Beverly. The turnout was very good and each leader is anxious to get her club started on to Victory with every club member doing her part.

Those who have not done very much canning learned how simple it was to get their utensils together, and those who have done a lot of canning were given hints on short cuts.

DAIRY CATTLE JUDGING

On May 22, a 4-H Dairy Cattle Judging event was held at Topsfield Fair grounds in connection with the Annual Guernsey Judging Day.

Joseph Rolfe of Newbury and Lois Gibbons of West Newbury tied for first place and both received a beautiful colored plaque, given by the Guernsey Breeders' Association.

Third prize winner was Gladys Kimball of Haverhill and in fourth place was Austin Thompson of West Newbury. Other high scorers in the contest were Vincent Craven of West Newbury, Robert Hicks, Wenham, Jerold Chadwick, West Boxford and Charles Savage of Newbury. Mr. Harley Leland, Assistant State Club Leader was present to assist with the contest.

Essex Farmer and Homemaker

VOL. 25

HATHORNE, MASS. JULY, 1943

NO. 7

Entered as a second-class matter, May 28, 1919, at the Post Office at Hathorne, Mass., under the Acts of August 24, 1912.

Protection for Livestock

Stealing of livestock on pasture, especially at night time, has become a menace to the Dairymen of Essex County. The Essex County Dairy Herd Improvement Association has made arrangements with the two police barracks in Essex County to patrol the roads where livestock are pastured. Owners interested should write their respective Barracks giving name, post office address, and the exact location of the pasture—distance on road from nearest intersection.

All trucks with livestock especially at night, are to be checked for ownership, sales slips, etc., the same as for poultry. It is hoped that this procedure will aid dairymen in preventing good cattle from being slaughtered.

Topsfield Barracks covers all towns from State of New Hampshire from sea coast including Haverhill, Boxford, Topsfield, Danvers, Salem to the water.

Andover Barracks covers Lawrence, Methuen, North Andover, Middleton, Peabody, and all other Essex County towns south to the ocean.

THE FUEL WOOD SITUATION

It has become increasingly evident that Essex County residents will have to depend more on wood for fuel for the duration of the war. Converting from oil to coal last winter solved the heating problem. From now on coal may be as difficult to obtain as oil. About 3% of the operating time has already been lost this year due to strikes, seriously reducing production at a time when the demand is increasing.

Every cord of wood that can be made available will help relieve this critical emergency. Fifteen cords of wood counts as a War Unit and 16 units in one year are sufficient for a draft deferment. Farmers who lack sufficient production units in agriculture to retain the men they vitally need can often make up the required units by cutting wood after the crop season is over.

Wood cut now and properly piled will be fairly well seasoned by winter. If cut in August it will be about half seasoned by November. Wood piled outdoors doesn't season to any degree between November and March.

There is a good market now for the trees of undesirable form and species when sold as cordwood.

If the proper trees are selected the woodlot will be more valuable as a result of this improvement cutting.

Stop Soil Erosion

Muddy water in rills and streams after a rain, cultivated areas at a lower level than adjoining land, ponds gradually filling with soil—these are just a few of the signs which will tell a farmer that soil erosion is slowly but surely stealing his land, says Walter Stager, district soil conservationist at the Massachusetts State College in Amherst.

Many folks, he adds, do not realize that soil erosion is taking place unless a large gully appears in the cornfield or the back pasture. When you see a small stone on a pedestal of earth, when boulders begin to "grow" out of the cornfield or pasture land, when the roots on the lower side of a hillside tree are exposed and roots above are still covered—these are a few other indications that good soil is being lost to erosion. And it's time, Stager points out, to take steps to prevent such losses.

He adds that it is particularly important right now to prevent erosion since the battle front is dependent upon the home front to furnish food, clothing, and other equipment. He suggests that farmers write to their county agricultural agent or direct to the Conservation Office at the State College for Miscellaneous Publication No. 516. This leaflet is well illustrated and is directed to northeastern farmers. It shows graphically different types of soil erosion and suggests means for preventing them.

NITROGEN FERTILIZERS

Recent regulations removed restrictions on use of nitrate of soda and sulphate of ammonia in dealers' hands. Hence farmers who need nitrogen for topdressing hay land after the first cutting, for fertilizing sudan grass, millet, or other grass crops, corn for corn silage or even as side dressing on vegetables (essential) or pastures should apply to their dealers immediately.

Also dealers now may take orders for ammonium nitrate from farmers for the above purposes, such to be pooled into carloads and the farmers or dealers to truck same directly from car to farm for immediate use. This plan should help out on the nitrogen shortage.

Clear cutting should be avoided if possible. Even stands that are the result of a former clear cutting and are largely of sprout origin usually contain enough desirable trees to provide for a

Food Production Notes

Food Production committees have been asked to submit reports on acreage of victory gardens for 1943, number of pigs and chickens being raised in each community of Essex County. This information will be valuable to the State Committee and it is hoped that each chairman will be prompt in sending in their survey by August 1st.

All folks who have not been able to have a Victory Garden this season should take advantage of the many canning demonstrations being given through out the county and then purchase vegetables and can them. You will be helping out your own food problem next winter as well as the boys in Service and lend-lease countries.

Are you listening in regularly to the Victory Garden program each Friday night at 7 o'clock on radio station WESX, Salem? Perhaps your garden problem will be answered on these programs. Plan to make this a weekly date and keep posted on the various garden problems as they come up from week to week.

C. M. Stearns

STAFF NOTES

Miss Claire Murphy of Middleton and secretary to County Agent Francis C. Smith was married on Monday June 21, to Sgt. Langston Wall of Tuskalooosa, Alabama. Miss Murphy was accompanied to Sebring, Florida, by her mother, Mrs. Harold Murphy.

Instructor Roy Fleming was presented with a gold watch by those who are employed at Essex Aggie upon his leaving the school. Mr. Fleming has accepted a position in Kingston, N. H. His address is East Kingston, N. H.

During the past few months a number of girls have joined the staff; Dorothy Bagin in the A. C. P. office; Ruth Mitchell in the War Board office; Marion Zwicker is employed by the War Labor Program, and Virginia Pendelton in the Extension office.

crop of saw timber if thinned out and allowed to mature.

The U. S. Forest Service is furnishing free to woodland owners in Essex County the services of a consulting forester. All communications should be addressed to Ezra Shaw, Farm Forester, Essex County Agricultural School, Hathorne, Massachusetts.

Essex Farmer and Homemaker

HATHORNE, MASS.

Published monthly by the Trustees of
the Essex County Agricultural School

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SANDWICHES

During the summer months we all look forward to the warm days, days when we can have delicious meals out-of-doors. Buffet style, picnics and afternoon teas are some of the interesting ways to serve light but nutritious snacks. The most varied and interesting event of such a meal is the attractiveness of sandwiches. The following suggestions may give you an added touch for that next picnic or afternoon tea. If you have an attractive yard, use it to its best advantage this war-time summer. The sandwiches in this column include, for the most part, non-rationed foods, or foods that will use very few points.

Fruit Fillings

1. Nuts and raisins chopped and moistened with lemon juice or orange juice.
2. Prunes, figs, or dates chopped and used in place of the raisins in the above filling.
3. Chopped figs moistened with marmalade.
4. Chopped dates, nuts and celery moistened with mayonnaise.
5. Jelly and chopped nuts.

Vegetable Fillings

1. Grated carrots and fine-cut celery mixed with mayonnaise.
2. Sliced tomato and lettuce with mayonnaise.
3. Fried chopped peppers in scrambled eggs.
4. Mashed cooked carrots with chives chopped, salt and pepper added and moistened with mayonnaise.
5. Mashed left-over baked beans with either sweet relishes, chili sauce or pickles.

Egg Varieties

1. Chopped egg and celery mixed with mayonnaise.
2. Scrambled eggs with finely chopped sweet peppers.
3. Chopped left-over ham and hard cooked eggs chopped fine.
4. Chopped hard-cooked eggs and minced onion mixed with mayonnaise.
5. Egg salad is always a general favorite.

Peanut Butter Base

1. Marshmallow fluff blended with peanut butter.
2. Marshmallows, nuts and raisins, chopped fine and mixed with peanut butter.
3. Cream cheese blended with peanut butter and jam.
4. Jam blended with peanut butter.
5. Cream cheese blended with peanut butter.

Cheese Variations

Cottage cheese may be softened with cream and used in place of cream cheese many times.

1. Olives chopped and blended with cream cheese, celery may be added.
2. Chopped raisins mixed with cream cheese.

PARENTS' DAY AT ESSEX AGGIE

In spite of transportation difficulties and the fact that many of the parents of the students are employed in war work nearly 100 parents and friends of the girls in the Homemaking Department visited the school on June 16, for the annual Parents' Day.

There were the usual exhibits of clothing, new books in the library, and arts and crafts work. The feature exhibits of the Food's department this year practice ways of canning. That is using what you have, the re-use of coffee and mayonnaise jars for canning. The use of copper wash boilers and various types of racks (homemade) for use in the boilers and canners.

The formal program opened at 1:30 p. m. with a fashion parade, with the introductions of the models being given by Miss Mary Sacco, graduate apprentice teacher. Jean Burke of the High School Graduate division was pianist.

Greetings were given by Director Harold A. Mostrom. Mr. Mostrom expressed his appreciation to the parents of the sacrifices they had made to give their daughters this training at Essex Aggie.

Miss Ethel Moore, Educational Manager of the Homemaking Department presided and introduced the guest speaker Rev. Paul S. McElroy of the Maple Street Congregational Church, Danvers, who took for his subject "You and Your Work".

Following the formal program a social hour was enjoyed with Mrs. Harriet Butman and the Junior girls serving refreshments.

In connection with the day's program the Junior girls held their annual June Garden show. Miss Sarah E. Carleton, Librarian at the school and Harold Stevens of the Ropes Memorial were the judges.

The "Best in the Show" went to Ruby Richardson of Middleton. First prizes to Ruby Richardson, Rose Grasso, Lawrence and Barbara Hood of Middleton. Second place went to Barbara Lockhead, Salem and Rose Devoy of Peabody. Third place: Mildred Sapienza, Methuen; and Irene Champagne of Lawrence; while fourth place went to Evelyn Kent, Georgetown and Maureen O'Leary of Peabody.

Irene Champagne was manager of the show and Evelyn Kent clerk.

3. Marmalade blended with cream cheese.
4. Chopped chives blended with cream cheese.
5. Chopped mint mixed with cream cheese.
6. Raw green chopped peppers mixed with chopped eggs and blended with cream cheese.

Leona Fregeau
Miriam Fitchuk

FARM EQUIPMENT AND SUPPLIES

Special program designed to provide farm supplies: A program to provide farmers with a large number of "hard-to-get" items has been arranged by WPB. Sixty-six items most urgently needed are covered by an emergency phase of the program, while additional items come under long-range provisions. The items include a wide range of hand tools, livestock equipment, such as harness hardware, and others. The program does not apply to farm machinery.

WPB has issued a priorities regulation which provides a simple procedure for farmers to obtain the items, and which will enable dealers to obtain stocks of such equipment. At the same time a general preference order was issued to provide for issuance of directives by WPB to manufacturers and distributors to make such supplies available.

To buy up to \$25 worth of such supplies, farmers will be required to furnish dealers with signed certificate which states:

"I certify to the War Production Board that I am a farmer and that supplies covered by this order are needed now and will be used for the operation of a farm". Purchase of any item at one time costing more than \$25 must be approved by County Farm Rationing Committees of the USDA War Boards. When the farmer obtains such approval, the rationing committee will endorse his certificate, which the farmer can then take to his dealer.

ESSEX COUNTY FOOD PRESERVATION PROGRAM

According to present indications homemakers in Essex County are now assuring themselves and their families of home canned fruits and vegetables for the coming year. Interest in food preservation is greater than ever before. Women are anxious to receive any new ideas and are more than willing to pass on information or ideas to friends and neighbors who may be unable to attend demonstrations.

Up to the present time 70 canning demonstrations have been given. The demonstrations in Essex County are being given by Miss Katherine M. Lawler, County Home Demonstration Agent of the Essex County Extension Service; Miss Harriet J. Haynes, Professor S. Church Hubbard, Professor Clark Thayer, and Miss Juliet Myren, all of Massachusetts State College, and Mrs. Pauline Tufts of Milton, graduate of Framingham Teachers College and a former home economics teacher.

There is also much interest in Canning Bees. At this type of meeting a group of women bring their own jars and products and do their canning under supervision. Watch your local newspaper for publicity on the canning demonstrations or Canning Bees.

If you are interested in arranging one for your community or for your neighborhood, contact Miss Lawler, County Home Demonstration Agent at the Essex County Agricultural School.

Katherine M. Lawler

SPOILAGE AGENTS IN CANNING

To be completely successful in canning, one needs to understand the nature of the agents which cause spoilage. There are two classes of agents, which cause trouble in canning, enzymes and micro-organisms. All fresh fruits, vegetables and meats contain enzymes, which, up to a certain point, bring about very desirable changes in the food. Enzymes are responsible for the ripening of fruits and vegetables and the tenderizing of meats, as they are held in cold storage. However, allowed to continue their action beyond these desired stages, the same enzymes bring about decay. The low temperatures of cold storage retard their action and the high heat of cooking destroys them entirely. Because this is the nature of enzyme activity, it is highly desirable that fruit and vegetables should be canned as soon as possible after picking. So, the slogan, "Two hours from garden to can", is an excellent one.

The other set of agents responsible for spoilage is the micro-organism group, of which there are three kinds, yeasts, molds and bacteria. These exist everywhere, in the air and in the soil, so that all foods are contaminated with them. The application of heat to foods during canning, in order to kill these micro-organisms, is called processing. After being processed, food must then be protected from future contamination by being hermetically sealed.

Of the three types of micro-organisms, yeasts and molds are easily destroyed. At temperatures, even below boiling, from 150-180°, they will be destroyed. These two types of micro-organisms, therefore, rarely cause spoilage in canned foods.

Bacteria, the third type of micro-organism, on the other hand, are responsible for considerable spoilage due to lack of understanding of their nature.

To kill bacteria, both the degree of temperature and the length of time it is applied must be considered. A very high temperature may produce a sterile canned product that will keep indefinitely, but this high temperature may result in a sacrifice of flavor and texture. So the temperature applied needs to be the lowest, and the period of time the shortest necessary to accomplish the destruction of all the bacteria present.

Because of the nature of bacteria, it is extremely important that, in packing foods into jars for processing, care should be exercised in following strictly any special directions for packing the products, so as to give heat a chance to penetrate well into the center of the pack. It is highly desirable to pack as much into a jar as is consistent with good heat penetration.

For packing purposes, vegetables are divided into 4 groups, as follows:

Group 1, includes tomatoes which, because of their very watery nature, are filled so as to over-flow $\frac{1}{2}$ - 1 cup of watery juice for each pint jar. This results in a richer pack.

Group 2, consists of starchy vegetables, such as corn, peas, shell-beans. These must not be packed in tightly, but just settled down by shaking. Furthermore, since these starchy products swell

GARDEN CHAT.

"Do" and "Don't" are quite important for Victory Gardeners now to make their gardens profitable for 1943.

DO — keep after the weeds, they are much easier to get out of the soil when they are small than when they are large. They remove much food and water from the soil which should be used for the crops you are striving to grow.

DO — keep after the insects and diseases which destroy so many millions of dollars worth of crops annually. There are the potato bugs; the Mexican bean beetle; rust and blights on beans, potatoes, or tomatoes; the cabbage worm and looper; the cucumber beetle and squash bug; the squash vine borer; tomato horn worm; and many others.

DO — save the lawn mowings and mulch such crops as tomatoes, peppers and pole beans. Place about 2 inches of mulch over the ground about the plants as this will conserve moisture for your plants and aid in keeping down weed growth. Be sure to pull all weeds first before mulching.

DO — harvest crops at the proper time. Don't let the vegetable crops get by that quality stage when they are so tender, brittle, and just seem to melt in your mouth. Don't let them go to seed before they are harvested either. Then as soon as crops are harvested do replant these plots to other crops which will yield more food in the Fall. Those of you folks who may own property and lease rooms — you can't afford to let them stay idle when everything is going out and no rent money is coming in. Plan now to get all land replanted right off to other crops of beets, carrots, beans, late cabbage and broccoli, endive, turnip and spinach.

C. M. Stearns

considerably, a head-space of $\frac{1}{2}$ inch must be allowed.

Group 3, includes the greens, such as spinach and dandelions. These must never be pressed down in packing, but just dropped into jars as they settle themselves into a fairly compact mass, through which heat cannot easily penetrate. To facilitate heat penetration in greens, a cross should be cut, with a knife, down through center of the whole pack; this permits the water, which has been added on top, to penetrate down through the center and thus makes possible heat penetration into the middle of the greens.

Group 4, includes all other vegetables. In packing these, pressure is applied so as to get a firm pack, without, however, crushing the product. This group includes asparagus, carrots, string-beans, beets, etc.

It is extremely important, for successful canning, that one follow faithfully the specific canning directions given for each different food. We cannot afford food wastes this year due to haphazard methods of canning.

Bessie H. McJunkin
Instructor in Foods



4-H Club Notes



WINNERS OF 4-H DRESS CONTEST

Miss Marion Forbes, Assistant State 4-H Leader was in Essex County on June 17 and 18 and judged the dresses and fancy work that 4-H Club girls have made this past club year.

Edythe Wright of Danvers, Louise Cavannah and Eleanor Hathaway both of Beverly had their dresses sent on to Amherst for entry in the State Contest.

In previous years the girls have had their County Girls' Day and then the State Girls' Day. Due to transportation difficulties their handiwork was sent in and judged without the usual gathering of the girls.

Excellent awards were given to the following girls in the sections: Louise Cavannah, Frances Bonjorno, Barbara Low, Ruth Canty, Eleanor Hathaway, Janet Young, all of Beverly; Edythe Wright, Lorette McPhee, Alice Jinno, of Danvers and Barbara Heathcock of Salisbury.

Very Good awards went to: Lois Knowlton, Eleanor Deveranne, Isabel Russell, Marguerite Fossa, of Danvers; Anna Trembley, Theresa McGuigan, Ann Bearse, Margaret Davis of Beverly; Barbara Heathcock, Norma Holt, Janet Smallidge, Georgetown; Doris Woodward, Gladys Stevens, Ethel Rowe, Salisbury; Frances Daniels, Saugus.

Good awards went to: Wilma Welch, Audrey Ann Reid, Danvers; Winifred Preston, Lynnfield Center; Leatrice Fowler, Salisbury; Lois Thurlow, Hathorne; Elizabeth Cronin, Audrey Buckley, Beverly; Norma Cordero, Swampscott; Susan Barton, Georgetown.

NOTES FROM GIRLS' CLUBS

The Greenettes of Middleton, under the leadership of Mrs. Gus Fischer are already making plans for next winter. The club has planted a garden on a tract of land at Mrs. Fischers. The products from the garden are going to be canned by the club members and stored in their club room. Next winter when they start their food club meetings, they will have products to use without worrying about rationing. These girls are certainly hopping right to it, and as summer canners, they will be winter eaters. Many of the girls also have victory gardens at their own homes and are canning for their own family use.

Mr. Ernest Howard of Haverhill has organized 20 4-H Victory Canning clubs in Haverhill, with an enrollment of over 300 club members. Each club had at least one meeting before school closed in June. Their first practical lesson will be held early in July.

AROUND THE COUNTY WITH THE 4-H CLUBS

The 4-H Minute Workers club of Amesbury, led by Mr. Leslie visited one of the members gardens. The club also enrolled two new flower garden members. The meeting closed with games and refreshments.

The North End 4-H club of Ipswich led by Mrs. Alcide Lombard, had an attendance of 12 at the last meeting. The regular president of the club has to work so a new president was elected. Mrs. Lombard talked to the club and heard a progress report on projects.

The Happy Hoe and Harvest club of Newbury led by Mr. Gilchrist, met at the leader's home. The leader asked questions about each project. Most of the members were busy weeding their gardens.

The West Parish club of West Gloucester led by Miss Lucille Elwell (a girl's garden club) made plans for a hike at which they will all dig some clams. The club members all visited Agnes Roberts' 4-H garden and found it to be progressing nicely.

The West Newbury 4-H Garden club led by Mrs. Mabel Adams recently elected officers: President, Stanley Johnson; Vice President, David Marston; Secretary, William Willis. The club also had true and false tests on gardening. The club was named the Victory 4-H Club.

The Girls' 4-H Poultry Club of Saugus led by Paul Corson had a test on Social Development.

The Young American 4-H club of Middleton, led by Miss Annabelle Sylvester had reports of members progress on projects. The club also made up bundles of books which were sent to Children's Hospitals in England.

A new girls' garden club in Saugus led by Mrs. Phyllis Clough selected the name of the "4-H—D.D.D." or Dirt Digging Daughters. This club also read an article from the Popular Mechanics Magazine. The club spent sometime learning to identify insects.

The Poultry and Garden Club of Ipswich led by Miss Jennie Johnson planned a birthday surprise party for a lady 80 years old who lives in the community. At another meeting they had an experiment on capillary action of water on soil. Some of the members have started scrapbooks. All members will bring in any troublesome insects to be identified at the next club meeting.

The 4-H Victory club of Middleton led by Miss Sylvester had a talk on Raising Pigs. Plans were made for some campers to go to 4-H Camp Leslie.

The Merrimacport 4-H Agricultural club led by Mrs. Agnes Powers celebrated their first birthday as a club. The group enjoyed a birthday cake (with one candle). This club mowed the church lawn as a community service.

EXHIBITS

A club in Hathorne know as "Between the Book Ends", has completed their project for the season. They have carried on a Book Lovers program as well as a Home Furnishing project. Their exhibit was held at the Essex County Agricultural School. Some of the girls in the club are working on the room improvement program. Betty Grimes has helped to paper her room and has made over a dressing table. Other girls in the club have carried on a crafts program. The "Junior Crafts Club" exhibited their work with the Book Club. Their work has been the cheery kitchen which includes making luncheon cloths, holders, and notebooks. Mrs. Byron Colby is the leader of both groups. Most of these girls are already enrolled in canning and gardening clubs.

The Busy Bevers of Swampscott who have been meeting at the Swampscott Visiting Nurses Center had a short program in connection with their final exhibit. The younger girls in the club have been knitting squares for a Red Cross afghan, while the other girls have made some very nice dresses under the leadership of Mrs. Margaret Webber and Mrs. Jane LeFleur.

The Rainbow Girls and the Sunshine Club both of Georgetown combined for their exhibit at the home of Mrs. Bernice Holt, one of the leaders. These two groups did some excellent work this year as first and second year club members. Mrs. Warren Merrill and Mrs. Bertha Heathcock have been the leaders of the older girls.

The Jolly Thimbles of Salisbury had an exhibit of both foods and clothing with a very good showing. Nearly every girl in the club carried on both projects during the winter. There were 16 girls completing under the leadership of Miss Annie Dawson.

The 4-H Mixture club of Amesbury led by Mrs. A. E. Moore talked over summer 4-H camp. Many of the members have their records all started.

The America's Helpers Garden Club led by Mr. Covell of Ballardvale had a talk on gardens and each member reported on garden progress.

The West Newbury 4-H Dairy club led by Mr. Ralph Woodworth and George Kimball spend considerable time on the topic "Feeding the Dairy Cow". The club also discussed what points to look for when judging dairy cattle.

Mrs. Leon Jordan of Groveland met with a group of canning club girls on June 24 at her home. The girls elected Marcia Twombly, president of the club and Betty Wood secretary. They each canned a jar of beet greens.

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NO. 8

Entered as a second-class matter, May 28, 1919, at the Post Office at Hathorne, Mass., under the Acts of August 24, 1912.

School Opening for New Classes

On Tuesday, September 7, the Agricultural and Homemaking Departments of the School will receive another entering class. To date, the applications give indication that enrollment of new students will be approximately the same as last year.

There are undoubtedly many people who have not yet made their decisions in regard to entering boys or girls at the School for the year 1943-1944. Many of these are uncertain because of transportation. Director Mostrom suggests that in cases where this is true interested parties get in touch with him to see what can be done by way of special transportation arrangements.

There are some staff changes taking effect for the coming year. Miss Dorothy Leavitt has been appointed instructor in nursing in the Homemaking School and Evening Practical Arts classes, taking the place of Mrs. Mary E. Roundy, who passed away in January, 1943. Miss Leavitt is a graduate of Massachusetts General Hospital and has had wide experience in nursing and teaching. For several years she has been in charge of the Mutual Aid Association in Brattleboro, Vermont.

Mr. James N. Cole will again assist Mr. Couhig in the physical education department. He has been appointed temporary assistant related subjects instructor for the coming year.

Mr. George R. Yale, apprentice instructor at the school in 1942-1943, has been appointed temporary assistant agricultural instructor and supervisor of students living on the school grounds. Mr. Yale will do teaching work in several departments.

Advanced students in the Homemaking Department will return to classes on Wednesday, September 8, and returning students in the Agricultural Department on Monday, October 4.

Essex County Canning Kitchens

Community canning kitchens are in full swing in several sections of Essex County—Lawrence, Andover, North Andover, Hathorne and Danvers.

Anyone in the community who wishes may take her products into the canning kitchen and do her canning under supervision, paying a small fee for each jar canned. Anyone who wishes may send products and jars in to be canned and pay for the work done.

The Andover Community Canning Kitchen is under the supervision of Miss Esther Belair of Lawrence. The organization was under the direction of Mrs. M. Phillips Graham and Mrs. Charles Gabeler, co-chairmen of the Canning Committee of the Andover Food Production Committee. In 11 days, over 1,000 jars have been canned by volunteer workers. This group is glad to have donated any surplus products which may be canned for the Red Cross.

In North Andover the kitchen is under the direction of Mrs. Helen Fitzgerald of Lawrence. This kitchen was organized under the direction of the North Andover Food and Canning Committee, Mr. Rudolph Messerli, chairman, Mrs. Douglas Sparks, Mrs. Abbott Stevens, Mr. John Wilcox and Mr. Harlow Meade. The M. I. Stevens Co., has donated the use of the recreation building and assisted in setting up the necessary equipment. 1450 jars have been canned in 13 days by volunteer groups.

The Danvers Canning Kitchen is supervised by Mrs. Harriet M. Butman of the Essex County Agricultural School Homemaking Staff. Mrs. Butman spends one day in each of the five different sections of Danvers and groups under her supervision have canned about 3500 jars in five weeks.

Canning has been done in the canning kitchens for local hospitals and for rest homes as far as has been possible. With most of the kitchens Civilian Defense has cooperated whenever possible and has assisted in financing the kitchens.

Lawrence is just opening a kitchen which will be available through the months of August and September. As in each of the other towns the kitchen will be open Monday through Friday.

The Essex County Agricultural School has a canning kitchen open to the public on Tuesday, Wednesday and Thursday. The kitchen is supervised by a member of the Homemaking Staff. About 1400 jars have been canned in 12 days.

Farm Forests and the War

The U. S. Forest Service has recently announced a program to help direct farm forest products into war uses. A Farm Forester has been assigned to Essex County to stimulate production from farm woodlands.

All timberland owners who have salable timber are urged to write to the forester giving location and acreage of their timberlands. Your farm forester has lists of prospective buyers and will notify them of timber for sale in their area. The farm forester may visit you to inspect your timber before notifying buyers in order to determine what products your stand is best suited for and thus find the most profitable market for it.

A further aim of the Forest Service is to encourage good forest management and selective cutting to increase the growth of trees and make them a more profitable crop for the owner. Regardless of whether an owner's timber is salable or immature, the services of the farm forester are available without cost to examine his woods and make recommendations for improving their growth and productivity.

While agricultural and grazing lands on many farms have been placed under scientific management, few farm woodlands have received similar attention. Now the opportunity is presented for all woodland owners to receive expert help without cost. Take advantage of this opportunity. Write to your farm forester if you think he can help you.

Address: Ezra Shaw, Farm Forester, Essex County Agricultural School, Hathorne, Massachusetts.

All community canning kitchens are under the supervision of Mr. William R. Cole of Massachusetts State College Extension Service who has assisted with the organization of each kitchen. Mrs. Kathryn Dean of Lawrence is also working with each group in Essex County.

Twenty churches in Salem and Marblehead have organized with volunteer workers to can for the Salem Hospital. This program is supervised by Mrs. Katherine Boyle of Middleton. A goal of 20,000 jars has been set for these groups.

The work of all these groups is assisting greatly in conserving food which will be much more appreciated next winter.

Katherine M. Lawler
Co. Home Demonstration Agent

DAIRYMEN'S PICNIC

Thursday, August 19

10 A. M. — 4 P. M.

at E. C. A. S.

Come and bring your family
and a picnic lunch

Essex Farmer and Homemaker

HATHORNE, MASS.

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CANNING FRUIT JUICES AT HOME

For variety in next winter's meals — free from the thought of coupons or point arithmetic — home economists of the U. S. Dept. of Agriculture are suggesting home-canned fruit juices. Those softer fruits which the homemaker must discard for whole fruit canning will give excellent juice provided they are free from bruises and decay and in no way over ripe.

You may use rhubarb, berries, cherries, currants, plums, cranberries or grapes, preferably locally grown. Fruits from your garden or nearby farms are best for juices, since freshness plays an important role in all successful canning. Red raspberries make an especially fine fruit juice that retains the fresh fruit flavor over many months, even though it may lose some color in time. Wild berries, if sufficiently juicy may be used and also the wild Muscadine grape if it grows in your region.

To preserve the fruity taste juice for beverages should be extracted from the raw or slightly heated fruit. Since apples and peaches do not give up their juices readily when raw or slightly heated, home economists do not recommend them for home-canned beverage juice.

Citrus juices are hard to put up at home and take a good deal of sugar. Chemists of the Dept. of Agri. have found in their experiments that citrus juice packed in glass and stored at room temperatures darkened and developed "off" flavors within a few months. As for putting up these juices in tin cans, home economists do not recommend using tin cans for the home canning of any of the fruit juices unless the cans have a special enamel lining.

Fruit Juices To Drink

Here's how to can fruit juices for beverages: Wash fruit but do not soak it. Remove any pits and crush the fruit. Now heat the fruit gently to 170 degrees F. (below simmering) until soft. Strain it through a cloth bag. If you wish to add sugar, one-half to one cup of sugar per gallon of juice is sufficient, but remember sugar is not necessary for the preservation of juice. Heat the strained juice to 170° F. and then pour into hot jars or bottles, leaving 1/8 inch head space. Completely seal at once crown cap bottles or jar closures with rubber "made on". Process in a boiling water bath for five minutes. Jar closures of other types are partially sealed before the five-minute processing and completely sealed immediately after.

Juice for Jelly

Perhaps you are wondering about canning juice for later jelly-making when and if the sugar can be spared. Yes, the home economists say, it can be done, but there is one important factor to keep in mind: While juices for beverage are extracted from the raw or slightly heated fruit to preserve the fresh fruit flavor, juices for jelly must be extracted from the fruit at boiling temperatures in order that pectin, the substance which makes the jelly jell, will be contained in the canned juice. Therefore, if you put

EVENING SCHOOL PROGRAM

In addition to adult instruction in evening classes as indicated in other articles in this issue, the School annually offers instruction in a number of different fields of agriculture and homemaking to men and women.

Classes in poultry, pork production, soils and fertilizers, foods, clothing, and home nursing are offered annually, depending on the number of enrollments received for each course.

Further announcements for each of these classes will be made from time to time, but all persons interested in taking one or more of these will help the School management in arranging for them by getting in touch with the School at an early date. Inquiries will be promptly acknowledged and further information given. Please address the Director, Essex County Agricultural School, Hathorne, Massachusetts.

FARM MACHINERY REPAIR CLASSES

Evening classes in farm machinery repair will again be offered by the School this fall. Courses will be offered in motorized equipment repair and non-motorized equipment repair. These classes will be held two evenings per week from seven to ten o'clock, probably on Monday and Tuesday evenings.

The exact opening date has not been set as yet. It may depend on the number of applications received for these classes.

The classes are open to anyone over seventeen years of age not regularly enrolled in school, whether living on farms or not. Women are eligible to take these courses, and in view of the increasingly severe shortage of male labor for farm work it is hoped that there will be a number sign up for this work.

Applicants may arrange to get extra gasoline if they cannot get to these classes in any other way and if they can arrange to carry at least three other people in the machine.

All applications or requests for further information should be addressed to Director Harold A. Mostrom at the School.

DAIRY LABORATORY PRACTICES COURSE

The annual fall and winter evening course in dairy laboratory practices will again be offered this year with Mr. John E. Eastwood, head of the farm and dairy division, in charge. Classes will meet once a week, two hours per night. All persons interested in enrolling should get in touch with the School at an early date.

up juice for later jelly-making, add apple, crabapple, and quince to your list of possible fruits for juices, since they will yield juice when water has been added and the fruit softened by boiling.

HOW TO MAKE YOUR RUGS LAST LONGER

Now more than ever we need to care for our possessions and to make them last as long as possible. Rugs are undoubtedly among our most prized possessions and should be treated accordingly. A few points regarding their care may be helpful.

Don't sweep your rugs with a broom. Sharp bristles may cut or pull the yarn.

Don't beat or shake them. This may break the yarns in the back and cause the pile to loosen and come out.

Do clean rugs at least once a week with a vacuum cleaner, more often if needed. Clean between times with a carpet sweeper.

Don't let spots stay on your rugs.

Do use a clean absorbent cloth to blot up liquids as soon as possible. Sponge a spot with water, and if stain still remains, carbon tetrachloride will remove many spots or stains on rugs. Work from outer edge of spot to center, and keep room well ventilated while using. If rug is wet through, raise it to let the back dry.

Don't try to wash or wet clean your rugs yourself. Thorough rinsing is impossible and some of the soap is bound to be left in the rug. This leaves a greasy material, causes dyes to run, and with no forced drying, may cause mildew and rotting.

Do have your rugs cleaned professionally about once a year, or when generally soiled.

Don't rub a twist or frieze rug when it is wet. Pat up any moisture spilled on it.

Do use a rug cushion under your rug. It prevents wear and makes rugs feel and look twice as luxurious. It also prevents a rug from slipping.

Don't be afraid to use a vacuum cleaner on a rug when it is new. The rug may shed for several months, but this is just loose ends and lint left in the surface after sheering.

Don't pull out a loose strand of yarn. Clip it off with scissors close to the pile.

Do reverse your rug's position occasionally to distribute wear from heavy pieces of furniture. Use protector cups under heavy furniture.

Do occasionally run vacuum cleaner over the back of your rugs to prevent moth damage.

Do use scatter rugs in places which get excessive wear.

Margaret R. Harris
Instructor of Related Art

EMERGENCY FARM LABOR ASSISTANT

Albert E. Curtis of Ballardvale a former Essex Aggie Student has taken over the work of the Emergency Farm Labor Assistant.

Mr. Curtis was at Essex Aggie in 1916 and '17 leaving to enter the Navy in the last World War.

Since that time Mr. Curtis has held several very responsible positions and comes well recommended for this position.

COOKIES FOR SUMMER TIME

Due to rationing it is necessary to think of simple kinds of cookies that do not use too much sugar and yet satisfy the "sweettooth" of the members of the family. Since "variety is the spice of life", let variety be the life of your cookies.

Many recipes use very little sugar or use a sugar substitute, so take advantage of them and save the sugar for other things.

Nut Flake Macaroons

- 2 egg whites
- ½ cup powdered sugar
- ¼ tsp. salt
- 2 cups cornflakes
- 1 cup chopped nuts

Beat egg whites until dry and add sugar gradually with salt. Continue beating. Fold in cornflakes and nuts.

Drop from spoon on to oiled pan and bake in moderately slow oven. Remove from pan immediately when done.

Crisp Oatmeal Cookies

- 1½ cup crisp H.O. (rolled oats)
- ½ cup brown sugar
- ½ cup flour
- ¼ tsp. salt
- ½ cup shortening (salvage fat)
- ½ tsp. soda dissolved in 2 Tbsp. boiling water

Mix dry ingredients, add melted shortening and water.

Mix with hands into a roll and chill in the ice box and slice. Shape with your hands into little balls and flatten with a fork. Put on greased baking sheet and bake in a moderate oven.

Spice Dropped Cookies

- 1 egg
- ½ cup molasses
- ½ cup butter
- 2½ cups flour
- 1 tsp. cinnamon
- ½ cup sugar
- ½ cup boiling water
- 1 tsp. soda
- 1 cup raisins
- ½ tsp. cloves

Mix in order given.

Hermits

- 1/3 cup oleo or salvage fat
- 2/3 cup sugar white or brown
- 1 egg
- 1½ cup flour
- 1/3 cup raisins, chopped
- ½ tsp. cloves
- ¼ tsp. mace or allspice
- ¼ tsp. nutmeg

Cream fat, add sugar gradually, then raisins, well beaten egg, and milk. Mix and sift dry ingredients and add to first mixture. Roll mixture out thin and bake in moderate oven.

Claire Gillespie
May Duckett
Margaret Purcell

Mr. Curtis fills the vacancy left by the resignation of Mr. William Scott of Lawrence, who resigned because of ill health.

GARDEN CHAT

Cabbage can be summer stored by grasping the matured head and pulling carefully so as to break off part of the root system. During the period required of the plant to re-root the head is being stored and this will prevent cracking. If you have more cabbage in your victory garden than you can comfortably use, this method will extend the cabbage season for you indefinitely.

At the end of a week or ten days, you still have more than you can use, repeat the process.

Potato growers keep bordeaux on the foliage for the control of blight. With humid or rainy weather it is very important to have the foliage pretty well covered with bordeaux. Blight spores multiply or spread in the presence of moisture. Don't go pulling weeds out of the hills of potatoes as you will upset tuber development and cut down your yields. Weeds should have been pulled before blossoming and the potatoes should have been hilled so that the only attention needed after this stage would be spraying or dusting.

Don't dig potatoes too soon.

If the month of August is dry, potatoes will be better off left in the ground. If August is a wet month they would be better out of the ground so as to prevent the development of storage rot which comes from late blight.

Keep tomatoes dusted or sprayed with weak mixtures of Bordeaux. A 2-2-50 is much better for tomatoes than a 4-4-50. As frequent applications of spray or dust as 10 days should be made to tomato plants for good protection.

Celery is another crop that should be protected with Bordeaux for early or late blight for satisfactory results.

It is still safe to sow turnip, endive and spinach up to the 25th of August, if you have any available garden area not being used. Plan on the Purple Top Milan or Strap Leaf for a turnip variety. Do not sow Rutabaga varieties as the season is not long enough. For the endive, use the Broadleaf Endive or Escarole for the curled leaf type, the Green Curled or Chicory is best.

Harvest vegetables at the right stage for quality. Don't let them get over-size which means toughness, stringy or coarse products. Don't take them until they are ready or they will be green, unripe, or of poor quality.

Continue to watch out for Mexican bean beetles on beans. Why let this little yellow or brown critter do so much damage to your bean vines and pods. Keep on the look out for tomato horn worm and where present, hand pick and destroy. Aphids or lice do considerable damage on many crops. Use nicotine sulphate or black leaf 40 at the rate of 1 teaspoonful per gallon of water. Lice will be on potatoes, cabbage, turnips, radish, tomatoes, egg plant, squash, melon, cukes and many other crops. Being a sucking insect it is necessary for you to be particular to spray or dust the underside of the leaves. To kill aphids, the material must contact the louse.

C. M. Stearns

Essex Farmer and Homemaker

HATHORNE, MASS.

Published monthly by the Trustees of
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THE HOME AND ITS CARE

Extension classes in "The home and its care" will be given this fall with Mrs. Harriet J. Haynes, Extension Economist in Home Management and Miss Katherine M. Lawlor, County Home Demonstration Agent in charge.

Groups may have one, two or three meetings, starting in October. Any group wishing to have some of these meetings should contact Miss Lawlor at the Essex County Agricultural School.

Program of meetings:

First meeting

Easy Upkeep For the Home

Care of wall finishes and coverings
Easy to make and safe to use cleaners

Care of floors and floor finishes

Old floor finishes renewed with oil — wax — paint
Rugs — care and repair

Cleaning — spot removal — glue sizing
Dyeing old rugs — renewing fiber rugs

Linoleum — care and repair

Curtains and draperies

Care — cleaning and dyeing

Window shades

Cleaning — repair

Routine housekeeping is easier if things about the house are kept in repair.

Second meeting

Simple Home Repairs

Plumbing — repair of leaky faucets
Care of sink and lavatory drains
Care of plumbing fixtures and finishes

Electrical Appliances

Repair of electric cords

Furniture repair

Joints, knobs, pulls, cracks, dents

Other small household repairs

Furniture will give longer service and be more attractive if kept in good condition.

Third meeting

Upholstered Furniture

Cleaning and care of upholstered, leather, reed and wicker furniture.
Shampooing and dyeing

Staining and painting.

Wood Furniture finishes

Removal of spots and scratches
Cleaning and polishing
Homemade cleaners, polishes and dustless dusters

Remodeling of old furniture

Suggestions for improving out-of-date pieces.

VARIETY IN VEGETABLE USES

To make the most of Victory Gardens, the housewife should understand the cooking of vegetables so that her family is not cheated of those precious Vitamins and Minerals. Many and varied ways in preparing these vegetables make them interesting and appetizing to the family.

All vegetables if plainly served, should be cooked in very little salted water with a tight cover. Start vegetables cooking at a high temperature; when they start to boil the flame should be turned low through the rest of the cooking. Drain immediately, but don't throw away that valuable water because it can be used for soups or broths.

Vegetables are a very important part of the diet, so use them often.

Variety with Tomatoes

1. cream cheese
2. corn and seasonings
3. tomato pulp mixed with bread crumbs and seasonings
4. left-over fish

Tomatoes can be used in salads with other vegetables.

Variations in serving potatoes

1. cheese and potato pulp
2. egg and potato pulp
3. creamed peas

Serve Duchess potatoes that are golden brown at your parties. Use your pastry bag and try to make different shapes to fit the occasion.

Creamed potatoes are well liked and they go further for the larger families. These may be varied with bits of chive cheese, pimiento or parsley.

Left-over potatoes can be made into cakes, rolled in flour, and browned on both sides.

Vary mashed potato by adding bits of parsley.

Various ways of serving carrots

1. Raw strips used for salad and also for relishes.
2. Cooked and mashed, carrots with salt, pepper, and butter for seasoning.
3. Grated raw carrots of different sizes used with other raw vegetable.
4. Sliced carrots baked in a casserole and spread with different kinds of hot sauce.
5. French fried carrot strips are very tasty and also good when cold.
6. Carrots baked in roasting pan with the roast.
7. Boiled carrots in different sizes and shapes, such as diced, chopped, cubes or strips.

Corn is another favorite vegetable in the family meal.

1. Everybody likes corn right on the cob. Serve as soon after picking as possible.
2. Corn scraped off the cob and heated with milk, salt and pepper.
3. Baked corn with cheese and white sauce with some green vegetable. Cover with bread crumbs and bake until brown.

Marilyn Ostler
Barbara Bell
Diana Olds

WAR BOND CONTEST

The Farm Credit Administration of Springfield comprising the Federal Land Bank, Federal Intermediate Credit Bank, and Production Credit Corporation of Springfield and the Springfield Bank for Cooperatives are sponsoring a contest during the month of September which is the time of the Third War Bond Drive.

Rules and Prizes

The contest for the best letters of 100 words or less on "Why I Buy War Bonds" is open to all members of farm families living or working on farms located in Maine, New Hampshire, Vermont, Massachusetts, Rhode Island, Connecticut, New York and New Jersey, except the directors, officers and employees of the sponsors of the contest and members of their immediate families.

Each letter entered in the contest must show the serial number of a War Bond registered in the contestant's name and purchased during September, 1943. Should an individual enter more than one letter each one must show the serial number of a different War Bond. In addition, letters entered in the Junior Contest should show the age of the writer.

Entries must be postmarked not later than October 10, 1943, and mailed to War Bond Contest, Farm Credit Administration, Springfield, Mass. The Senior Contest carries a first prize of a \$500 War Bond, a second prize of a \$100 War Bond, a third prize of a \$50 War Bond, and 42 other prizes of \$25 War Bonds. The Junior Contest, for boys and girls who have not passed their 18th birthday, also has a first prize of a \$500 War Bond, a second prize of a \$100 War Bond, a third prize of a \$50 War Bond, and 42 other prizes of \$25 War Bonds. In making the awards the decisions of the judges will be final.

All letters entered in the contest become the property of the Farm Credit Administration of Springfield, and may be used in any manner by it or the U. S. Treasury Department to promote the sale of War Bonds.

Breakdown of Prize Money

Senior Contest

1st Prize	\$500 War Bond
2nd Prize	\$100 War Bond
3rd Prize	\$50 War Bond

Other Prizes

42 Prizes	\$25 War Bonds
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Junior Contest

1st Prize	\$500 War Bond
2nd Prize	\$100 War Bond
3rd Prize	\$50 War Bond

Other Prizes

42 Prizes	\$25 War Bonds
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ARMY MOUTHS

For the year ahead, food allocations for military use will be 13 per cent of expected supplies, about double the 7 per cent needed last year.

PREPARE FOR ACUTE GRAIN SUPPLY

Prepared by
Ralph W. Donaldson, Extension
Agronomist

A. Grow Extra Fall and Spring Grazing to Stretch Short Grain Supplies

1. Apply summer nitrogen top-dressing.
 - a. A July-August application of nitrogen on grass mowings should increase fall grazing and the rowen crop. Medium rates per acre are: 200 pounds nitrate soda, 150 pounds sulphate ammonia, or 100 pounds ammonium nitrate (34% N)
 - b. A similar treatment on good grass pasture sod should also increase grazing.
2. Sow annuals as nurse crop, or alone — for grazing
 - a. Sow barley during July — August 15, or wheat, wheat-vetch during August for extra grazing or forage. Use 1 bushel rate as nurse crop with new seeding, or 2 bushel rate when grown alone.
 - b. Sow rye 1 to 2 bushel rates in September after silage corn for early spring grazing. Grass and legume seed may be applied broadcast in the rye before frost emergence in the spring to obtain new seeding.

B. Increase Acreage of New Seeding

1. Seed after one year in corn to increase acreage of new seeding.
 - a. Aim to seed down either in the last cultivation (of husking corn) or by applying legume mixtures next March in rye cover crop sown this fall after a disking of corn stubble.
 - b. Permission for seeding to hay crops without plowing of corn stubble may be obtained from the Director, Plant Pest Control and Fairs, Room 24, State House, Boston. To save a plowing operation and gain more seeded acreage is the purpose.
2. Provide Against Shortage of Legume Seeds — Especially Ladino
 - a. Stretch short supply of purchased seed by sowing less amounts but prepare the seed bed better.
 - b. Save the seed in chaff from best legume hays to supplement the purchased supply when seeding.
 - c. Store a cutting of Ladino hay in blossom to thresh some seed. From trials made in Maine, 30 pounds of Ladino seed per acre have thus been obtained. Next year's supply of Ladino seed threatens to be especially scarce and high in price.

(Continued on Col. 3)

FARM LABOR

(Continued from page 1, col. 3)

your family, good living conditions for the children, get in touch with your local coordinator or with the county office at the Essex County Agricultural School, Hathorne, Massachusetts.

Men with Farm Experience

Particularly should men who have had farm experience begin to figure on how much better they actually will be on a farm. Now is the time to change when there is a demand for your services and an opportunity to pick a good place for permanent work.

Coordinators

The following are the city and town coordinators: Amesbury, Ralph Frisbee; Andover, Eugene Lovely; Beverly, John Page, Carl Bair; Boxford, Miss Barbara Perry; Danvers, Miss Elizabeth Ryder; Essex, Mrs. Helen Meyers; Georgetown, Herbert A. Palmer; Gloucester, Leslie O. Johnson; Groveland, Warren S. Darling; Hamilton, Raymond Wass; Haverhill, Ernest Howard, Ralph Whipple; Lawrence, Dennis Callahan, Brother Emile; Lynn, Ernest Stephens; Lynnfield, Principal of Batcheller School; Manchester, H. Deane Hoyt; Marblehead, Frank Jones; Merrimac, Chauncey D. MacKay; Methuen, William Carney; Middleton, Miss C. Alice Manning; Nahant, Mathew Caisson; North Andover, Milton Howard; Newbury, Miss Harriet Smith; Newburyport, Miss Mary Connor; Peabody, Archer Pierce; Rockport, Miss Ruth A. Fritz; Rowley, Miss Christine Stevens; Salem, Charles J. Walsh; Salisbury, Mrs. Frances Pow; Saugus, Walter D. Blossom; Swampscott, Frank S. Mansur; Topsfield, Charles E. Pethybridge; Wenham, Philip H. Smith; West Newbury, Ronald S. Gibbons.

BEEES CONTRIBUTE TO THE WAR EFFORT

Adhesive tape for soldiers and sailors, protective coating for expensive machinery on the way to war, dental work in the armed forces, models of motors and machines, sealing wax for boxes of ammunition. These are but a few of the ways in which the busy little bee is helping toward our war effort.

Wax Salvage

Beeswax is the beekeepers contribution to the war effort and equipment coated with this wax stand up under tropical sun, extreme cold and heat of the desert and the sub-zero weather of the north, nor is it affected by water fresh or salt. Carefully cull all wax from the frames of unused hives. Save all burr comb wax.

Honey

Why not use more honey? Yields this year seem to be a little below normal. Honey is a natural sweet for which years ago man substituted sugar. It is related an early English Queen

GARDEN CHAT

Six weeks remain for Victory Gardens to get their crops matured and harvested this season. Don't feel that although the garden has produced considerable food to date that you can sit back and take things easy from now on. Weeds are still growing, insects and diseases are reproducing and getting their fill of food, some areas of soil are not producing any food right now which could be planted to beets, as greens; spinach, turnip and perhaps endive. Why not stop this competition.

When the garden has finished producing plan to clean up all the weeds about the edge of the garden and get into the compost pile. Plow the area up or at any rate loosen the soil and get on a crop of winter rye at the rate of 21lbs. per 1,000 sq. ft. This green crop will use up any plant food that becomes available during the late fall and winter days and may be returned to the soil for the use of next year's crops. If these green manure crops were not planted much food would be lost by leaching or washing away.

Don't let any food go to waste. Can what you can and store all other matured crops either in the cold cellar or in pits built in the backyard. The three essential factors to keep in mind for storage of crops: temperature, ventilation and humidity. One cannot store crops having one or two of these ideal and the third one poor or not at all. Each is necessary for the satisfactory storing of crops.

C. M. Stearns

GRAIN SUPPLY

(Continued from Col. 1)

C. Top-dress Mowings and Pastures Late Fall Instead of Spring

1. Buy and apply more top-dressing fertilizers October and November —before ground freezes.
 - a. Full spring deliveries no longer can be guaranteed in time for use.
 - b. Fields are not as soft and fall conditions are better for applying fertilizer.
 - c. Experimental evidence justifies fall use. Massachusetts Experiment Station obtained practically the same response on grass from October or April applied nitrogen grades of fertilizer.

bribed the court physician to prescribe sugar. The sugar cost her two hundred dollars an ounce.

Wintering Bees

About one third to one half of the bees owned by Massachusetts Beekeepers perished last winter due to the long periods of extreme cold weather. Invariably these were bees in one story hives.

Moral — leave a shallow extracting super filled with honey gathered in early summer when wintering bees.

George A. Meigs



4-H Club Notes



AROUND THE COUNTY

The Ipswich Girls, led by Mrs. Alcide Lombard are carrying on a fine club with a two-fold purpose. At each meeting they can products which are donated by the citizens of the town and are then given to the Ipswich Hospital.

These girls are all garden club members, belonging to the various clubs in the town and are canning the products from their own gardens for their families.

The Victory Club of Middleton, led by Miss Annabelle Sylvester are a very active canning club. Each girl has well over her requirements, most of which has been done at club meetings. There is always a variety of products being canned with as many as nine different vegetables and fruits being done at one meeting.

The Haverhill Canning Clubs are showing fine progress with their work. There are 12 active clubs and they meet in three canning centers. The schools being used for these classes are the Tilton, Greenleaf and Fox schools. Leaders of these clubs are all new 4-H club folks, as well as the members, but many of the groups are already looking ahead and planning a winter project.

The Busy Bees 4-H Canning Club of Groveland, led by Mrs. Leon Jordan are very busy planning their entries for the Victory Harvest Show. They have canned fruits and vegetables, as well as jams and jellies.

The Victory Farmerettes, led by Mrs. Byron Colby of Hathorne are carrying on demonstration meetings. At each meeting two girls are responsible for giving a demonstration of a different fruit or vegetable. This gives every girl an opportunity to prepare and present a demonstration to the club.

The town of Merrimac has three canning clubs under the leadership of Mrs. Agnes Powers, Mrs. Grace Clark, and Mrs. Clement Lockwood. Nearly all of the girls are first year canning members, but they are striving toward the Victory Canning Contest quota of 50 jars for the month of August. Some have already achieved this goal.

THE VICTORY CANNING CONTEST

Have you canned 50 jars or more of fruits or vegetables during the month of August? If you have, don't forget to send in your card telling us about it so that you will receive your achievement award to enter into your scrapbook. From all reports I understand that there will be a lot of competition this month, so be sure that you send in your card.

WINNERS AT BOSTON SHOW

For many years 4-H members have exhibited vegetables and flowers at the Boston Horticultural Show, on August 26 and 27, all records were broken as to the quality of the exhibits. Very few flowers were exhibited as the young people turned their efforts to the growing of more vegetables to help the war effort. Over 575 plates of vegetables were exhibited by 4-H club members from all over Massachusetts.

A vegetable judging contest was held on Friday and four county teams competed; Barnstable, Middlesex, Hamden and Essex. The Hamden County 4-H team took first place with the Essex County 4-H club team in second place. The Essex County team was coached by Clarence Kenerson formerly an Agricultural student at the Essex County Agricultural School.

The Essex County team was composed of Boyd Berrett, Allan Diamond and William Ireland, all of Saugus. Boyd was 4th high man in the contest.

Essex County 4-H exhibitors also won prizes on exhibits. The Metcalf 4-H members in Saugus had a very creditable exhibit of string beans. With a good deal of competition, Marjorie and Oscar won excellent awards on their beans. Thomas, Jacqueline and George Metcalf also had very good awards. Excellent prize winners get a cash prize of \$1.00; very good prize winners get \$.50; good awards are \$.25. Ernest Metcalf won a very good award on his shell beans.

Charles Prentiss of Saugus and Boyd Berrett both won good awards on carrots. Roy Roberts of the same town won a very good award on green tomatoes.

Phoebe Smith of Danvers won a very good award on her acorn squash. Barbara Clark of Hathorne won very good awards on her green tomatoes and Sugar Pie Pumpkins.

Lillian Johnson, 4-H member of Middleton, won an excellent award on her Kathadin potatoes. Richard Frost of Middleton won a good award on beets.

Miss Annabelle Sylvester, local 4-H leader in Middleton took a group of her 4-H members to Boston to the 4-H exhibit and also to other points of interest.

Sally B. Lunt, Ipswich, won a very good award on her ripe tomatoes and a good award on her green tomatoes. Carol Parsons of Ipswich won a good award on her potatoes and a good award on her green tomatoes.

William Fenick of South Groveland won a good award on his parsnips. John Flanagan of Groveland won a good award on his potatoes.

We will look forward to another Horticultural Show in 1944 as 4-H members learn by doing, win without bragging, and lose without sagging spirits.

EXHIBITS

In nearly every community there will be an opportunity for 4-H canning club members to exhibit their canned products in some way. The local Granges which are having fairs will have a junior class which 4-H members enter. Some groups are planning to have a store-window display in a local store. Contact your local store managers now to make arrangements for such an exhibit.

4-H canning labels are available for exhibiting so contact your Assistant County Club Agent, Miss Fitzpatrick, now if you are going to need any.

NATIONAL ACHIEVEMENT WEEK

National Achievement and Reorganization Week will be held throughout the state of Massachusetts from November 6-14, 1943. Each and every club should make their achievements known to their community. This applies especially to the clubs in progress now in Food production and preservation. A store window display of home grown and canned products will speak for itself with a 4-H sign.

This would also be a good opportunity for the news reporter of your club to write an article for the local paper on what your club is doing. Be sure to include a paragraph about the community service you are doing.

Let's have every club represented in some way.

STATE 4-H CANNING CONTEST

Great interest is being shown all over the county in the State 4-H Canning Contest which will be held in Boston at Horticultural Hall on September 11, 12 and 13. Each canning club leader is already looking for the best jars canned by her club members. After these are chosen entry blanks will be sent to the Assistant County Club Agent. From these entries the five county winners will be chosen in each class to represent Essex County in the State Contest.

There is an opportunity for first year canning club members to compete in a class with other girls who are canning for the first time this summer. They may also exhibit in all other classes which are open to all 4-H canning club members.

Anyone who has an opportunity to see this exhibit will certainly find it well worth their time.

Essex Farmer and Homemaker

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HATHORNE, MASS. OCTOBER, 1943

NO. 10

Entered as a second-class matter, May 23, 1919, at the Post Office at Hathorne, Mass., under the Acts of August 24, 1912.

Evening Courses

Several courses will again be offered this fall and winter for adult instruction in various agricultural enterprises. The following notes on these courses may be of interest to many of our readers. All who are interested in any of these courses who have not already communicated with the school should get in touch at once with the Director's office by simply addressing mail to the Essex County Agricultural School. Information may also be telephoned to the office by calling Danvers 50.

Dairy Laboratory Practices

This course will again be offered this winter, but there is need of some additional names in order to bring the class numbers up to the usual size. This course offers instruction in various milk plant practices and laboratory tests for the control of standards of quality, and men or women who work or would like to work in milk plants are eligible for this course.

Further specific information may be obtained by writing to Instructor John E. Eastwood at the School. Information as to the starting date will be furnished to all who have indicated their interest in the course.

Poultry

A course in general problems of poultry raising and egg production will be given under the National Defense training program this winter. Owing to the illness of Instructor J. S. Bennett, the opening of this course will be postponed until late fall or early winter.

All who are engaged in poultry production or would like to enter this field are eligible for instruction in this class and should apply for enrollment if they have not already done so. Specific information as to the exact starting date and other data will be sent to applicants in ample time before the opening of the sessions.

Farm Machinery Repair

National Defense training courses in farm machinery repair, both for motorized equipment and non-motorized equipment, will be offered beginning in early November. With the continued shortage in new machinery it becomes more essential than ever this winter to keep our present stock of farm machinery in the best possible repair.

These classes will be offered two nights a week for a period of six weeks, and persons desiring to take the course, male or female, whether on farms or not, should apply for enrollment by getting in touch with the school promptly.

(Continued on page 2, col. 3)

E. C. A. S. Canning Kitchen

Last spring when the Board of Trustees voted to have the kitchen in the Homemaking Department used as a Community canning center during the summer it meant adjusting the teaching schedule. This was accomplished by staggering the vacations so that Miss McDunkin and Mrs. Maude were on duty in July and Miss Emerson and Miss Moore in August.

The work was divided so that each teacher spent two weeks in the canning kitchen and two weeks giving canning demonstrations throughout the county under the Home Demonstration Agent's program. The teachers in this latter program gave a total of 49 canning demonstrations with an attendance of 950 women and men. Although the latter were in the minority they were intensely interested and in many instances asked most pertinent questions.

The school canning kitchen was open to the women of the county three days a week. The other two days students in the Homemaking Department who had elected canning as part of their summer project, reported at 8:30 and worked until 4:00 canning fruits, and vegetables from the school nursery and gardens to be used in the cafeterias this winter.

There were 183 appointments made by the women during the 24 days the kitchen was open to them. (Many more applied and left their names on a waiting list in case there was a cancellation but we were unable to help them). This involved 82 individuals and they canned 3029 pints of fruits and vegetables and poultry. The six Homemaking girls working 15 days canned 930 pints for the school.

It is impossible to give an accurate figure as to the actual value or the material canned but it would amount to several hundreds of dollars as well as the saving of hundreds of ration points next winter.

Besides the material values which were created this project also conserved food for the families represented and girls who participated.

There was another important factor in having the canning kitchen at the school, namely, a center where the disturbed Homemaker faced with an unforeseen problem, in the midst of canning, could telephone and receive immediate help. Records show that anywhere from 15—25 calls were received daily between 9 and 12 in the morning, with still more coming in during the afternoon.

All who participated in the two programmes agreed it was most worthwhile

Graduation

Plans for the second war time graduation are under way. Graduation will be held in the main assembly hall at the school on Tuesday, November 23.

Although most of the members of the class of 1943 in the agricultural department are now in the Armed Forces, there will still be a limited number available to receive their diplomas at that time. The homemaking department of the school will graduate a somewhat smaller number of regular three-year students and of the one-year all-vocational course. It is hoped that each member of the class who can possibly arrange to be present on that day will make plans accordingly.

The program will include, as usual, talks by members of the graduating class, and an address to the graduating class by a prominent speaker.

It is understood that the Alumni Association is again planning for a dinner and re-union that night under the leadership of President Winslow Dunnells of Andover. Further details concerning these plans will undoubtedly be forthcoming from alumni headquarters soon.

SERVICE ROLL

At the present writing we have 330 men and women graduates and former students listed as being in the armed forces. About 100 of these have incomplete addresses. We are sure there are many more of our family in the Service.

Will you please help us in keeping our records complete by sending in the names and addresses of Essex Aggie men and women in the various branches of Uncle Sam's forces.

ATTENTION POULTRYMEN

The annual meeting of the Essex County Poultry Association will be held here at the School on Thursday evening October 21, at 6:30 P. M. Hicks the Caterer will serve a Hot Roast Tenderloin dinner.

Robert F. Thurrell of Cotton Mountain Farm, Wolfboro, New Hampshire will be the guest speaker. Poultrymen plan to come and be sure to send in your reservations by October 16.

and have many ideas and recommendations ready for next year's canning season, should such a program seem feasible.

Ethel M. Moore
Education Manager,
Homemaking Department

Essex Farmer and Homemaker

HATHORNE, MASS.

Published monthly by the Trustees of
the Essex County Agricultural School

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SUGAR FOR BEES

Beekeepers will be allowed an additional provisional allowance of sugar—not exceeding 15 pounds per colony of bees per calendar year—for the feeding of bees.

The applications may be obtained from the local rationing boards but they must have a certification of the County War Board. Instructor George A. Meigs, at the Essex County Agricultural School is the man to see regarding the certification.

Applications for such additional allowance shall state (1) the amount of additional provisional allowance requested, (2) the number of colonies of bees for which the allowance is requested, (3) that the beekeeper has obtained and used the allowance already provided (10 lbs.) for the feeding of bees and, (4) that the additional sugar is required to prevent loss of bees.

E. P. A. CLASSES

The Evening Practical Arts Classes in Cooking under the direction of Miss Esther Belair will open the week of October 4 and run for 10 weeks. They are as follows:

Marblehead High School, Mondays at 2 P. M. Mrs. Raymond Trefry chairman
Essex County Agricultural School Tuesday and Thursdays at 7 P. M. with Mrs. Charles Kerans, chairman.

Peabody High School, Wednesdays at 2 P. M. Mrs. Frank Morse, chairman.
West Newbury, Thursday Mornings at 9:30, Mrs. M. Abbie Urie, chairman.

West Boxford, Congregational Church Fridays at 2 P. M. Mrs. Lawrence Colby, chairman.

Mrs. Mary M. McIntire, supervisor of the Evening Practical Arts classes is taking registrations for the Clothing and Home Nursing Classes. Mrs. McIntire may be contacted here at the School.

CORDWOOD PRICES

Because of poor cutting practices in the past, most woodlots contain a large percentage of trees that are diseased, of poor form, or are of a specie that prevents them from ever being converted into saw timber. These should be taken out of the stand and the space given to young vigorous individuals that will quickly grow into valuable timber trees.

The farmer on his own woodlot is in the best position to become a real practical forester. During the cold weather whenever time can be spared from the usual farm routine a great deal of improvement cutting can be done in the woods. This work has a threefold value. It will increase the value of the forest, provide for much needed fuel and return good wages through the sale of cordwood.

Fuel wood will be vitally needed this winter, the supply of coal is short and oil will probably not be any more plentiful than it was a year ago. The amount of cordwood that can be produced is limited by the shortage of labor. Any farmer that can produce extra fuelwood this year is contributing vitally to the war effort.

The following ceiling prices for hardwood-cordwood and firewood has been established by the office of Price Administration for sales in Massachusetts.

Zone	Hardwood-Cordwood, in 4 foot lengths:					
	At Roadside	Delivered at Retailer's Yard	Delivered at Buyer's Premises	Per Cb.	Per Cb.	Per Cb.
1&2	\$11.00	\$13.00	\$15.00	\$7.75	\$4.25	
3	18.00	15.00	17.00	8.75	4.75	
4	14.00	17.00	19.00	9.75	5.25	
5	15.00	18.00	20.00	10.25	5.50	
6	—	20.00	23.00	11.75	6.25	
7	—	—	26.00	13.25	7.00	

Zone	Hardwood-firewood in 12, 16 and 24 inch lengths:					
	Delivered at Retailer's Yard	Delivered at Buyer's Premises	Per "Cut-up Cord"	Per "Cut-up Cord"	Per "Cut-up Cord"	Per cu. ft.
1&2	\$15.00	\$17.00	\$8.75	\$4.75	\$4.40	
3	17.00	19.00	9.75	5.25	4.40	
4	19.00	21.00	10.75	5.75	4.40	
5	20.00	23.00	11.75	6.25	4.40	
6	23.00	26.00	13.25	7.00	4.40	
7	—	28.50	15.00	8.00	4.40	

"Cord" means the Massachusetts statutory unit of measure consisting of 128 cubic feet or the equivalent of a pile closely stacked 8 feet in length, 4 feet in width and 4 feet in height.

"Cut-up cord" means the unit of measure consisting of the amount of firewood cut from a cord of 4 foot wood; provided, however that a "cut-up cord" of 12-inch or 16-inch wood shall contain no less than 96 cubic feet, and provided that a "cut-up cord" of 24-inch wood shall contain no less than 104 cubic feet.

Essex County Zones

Zone 1 — Amesbury, Georgetown, Groveland, Ipswich, Newbury, Newburyport, Rowley, Salisbury, and West Newbury.

Zone 2 — Boxford, Merrimack and Methuen

Zone 3 — Andover, Essex, Hamilton, Haverhill, Lawrence, North Andover and Topsfield.

CONSERVATION PRACTICES AND MATERIALS

The Agricultural Conservation Office is again calling to the attention of the farmers of Essex County the fact that they themselves are responsible for reporting any soil building practices carried out in 1943. Committeemen will be unable to make farm-to-farm visits to obtain these reports as in the past.

Meetings have been scheduled in every town in the county, and notices sent to the farmers of the time and place. Committeemen will be in attendance to help in filling out the report forms.

The following information is necessary: receipted bills for fertilizer and lime not furnished by the Government, a record of acreage on which fertilizer and lime was applied, and information on any other practices performed. If eligible to receive incentive payments for meeting potato or truck crop goals, acreages should be determined from measurements.

Enrollment in the 1944 program can be made at these meetings, and orders for Ground Limestone placed. This material is available for immediate shipment. It is expected that Superphosphate will be available a little later.

Any further information may be obtained at the Essex County Agricultural Conservation Office, room 34 of the Essex County Agricultural School, Hathorne.

EVENING COURSES

(Continued from page 1, col. 1)

Soils and Fertilizers

A course in the proper handling and use of soils and fertilizers will again be offered this winter if there is a sufficient demand. Any farmers and others who have actual field problems calling for improved practices in handling of soils and use of fertilizers is eligible for enrollment and may get further details by consulting Instructor A. G. Perkins or writing to the school.

Other Courses

Other courses, including general dairy and pork production, will be offered under the National Defense program if there are sufficient inquiries to warrant starting class groups in one or more of these fields.

It is understood that transportation may be arranged by automobile to these classes by combining four or more in an automobile, and that gasoline may be obtained from local rationing boards for this specific purpose.

Zone 4 — Danvers, Gloucester, Manchester, Middleton, Rockport and Wenham.

Zone 5 — Beverly, Lynnfield, Marblehead, Peabody, Salem and Swampscott.

Zone 6 — Lynn, Nahant, and Saugus.
For further information contact the Farm Forester, Ezra I. Shaw, Essex County Agricultural School, Hathorne, Mass.

SUPPLEMENT

Essex Farmer and Homemaker

SCHOOL NOTES

OCTOBER, 1943

FOOD FOR VICTORY

The Homemaking Department of the Agricultural School has again taken on the task of helping with the harvest. The girls are picking apples and pears, and some of the girls are averaging as many as five bushels in less than two hours.

The girls this year also helped with harvest of the potato crop. Picking up potatoes wasn't quite what the girls expected. The work was harder and dirtier than apple picking, but the girls all did their part, remembering that the boys in the Service are doing many things which they never expected to do. Many of the potatoes harvested, were planted last spring by the girls who took the Vegetable Gardening Course.

Food preservation is another way we can help speed victory. The Homemaking Students are canning food for use in the school lunchroom during the winter.

Cynthia McAuley
Dorothy Lawton

A TASTY SOUTHERN DESSERT

I suppose at sometime you have eaten Southern Fried Chicken but have you ever had Southern Fried Apples?

At this time of year apples are plentiful and are quite popular on the menu as a dessert. One becomes rather tired of eating them cooked the usual way, so why not break the monotony by serving this delicious southern dessert.

Southern Fried Apples

Core, but do not peel, medium sized apples. Slice $\frac{1}{2}$ inch thick to make perfect rings. Heat $\frac{1}{3}$ cup butter substitute in thick walled skillet (aluminum, chrome or steel) until light brown. Fit in the apple slices to cover bottom of pan. Mix $\frac{2}{3}$ cup sugar with 1 tablespoon ground cinnamon and dash of salt. Cover apples with one half of mixture. After five minutes turn slices with pancake turner, being careful to avoid breaking. Cover with remaining sugar mixture. Fry over low flame until almost transparent. When well done they break easily. Serve hot.

Apples are not only delicious but they are very nutritious as well. They are rich in vitamins, minerals, and also give us a good supply of roughage.

Therefore we may say literally that "an apple a day keeps the doctor away".

Rose B. Grasso

ALUMNI NOTES

1939

Athalie Adams (Mrs. Charles Waye) writes that she has twin girls, Joyce Ann and Judith Arlene, born June 5, 1943.

1942

Marion Noyes is employed at the Salem Hospital.

Eliza Hebb and Lorena Loeffler have entered the Framingham State Teachers' College.

Martha Madore, Margaret Maroney, and Marjorie Pierce are employed at the General Electric Co., in Lynn.

Agatha Stravinsky is training at the Massachusetts General Hospital.

Helen Taylor is in training at the Beverly Hospital.

Elsie Robertson is employed at the United Shoe Machinery Co., in Beverly.

1943

Jane Barter is working at the Beverly Hospital.

Florence Bartlett has entered the University of New Hampshire.

Mildred Murray for a short time a member of the class of '43 is still in training at the New England Baptist Hospital.

Marilyn West who was also a member for a few months of the class of '43, is working in the Haverhill Telephone Co.

Eleanor Cook is employed at Friend's Box Factory, Danvers.

May Duckett is employed in the alteration department of Cherry and Webb's in Lawrence.

Miriam Fitchuk is employed at the Ideal Leather Co., in Peabody.

Leona Fregeau has entered Nasson College, Springvale, Maine.

Claire Gillespie is employed by Mrs. Quincy A. Shaw at Beverly Farms. Claire visited school the other day.

Ruth Krankka who left school in her senior year is employed at the Hygrade in Salem.

Margaret Purcell is working on the fountain in Kresge's in Lawrence.

Carolyn Archambault and Marilyn Ostler worked all summer in Northeast Harbor, Maine.

Diana Olds is employed in Mohican Market, Lawrence.

Marion Peatman is working for the U. S. Government at the Army Base in Boston.

Carol Wendell is working at the Salem Hospital.

1944

Stella Scalia is employed at the Balta Rubber Co.

Adeline Pizzano is at the Tyer Rubber Co., Andover.

1945

The following girls of the class of 1945 who have not returned this fall are employed as follows:

V . . . —

A letter from Martin Sevoian '40 is headed "One Day Nearer to Victory". Martin is in the Army Air Corps and is studying at Penn. State College.

Henry Britton '41 writes quite often to members of the staff. He has been in the North African and Sicilian campaigns. Henry says he hopes to be at Essex Aggie for the 1944 reunion.

Henry Stephanson ex-42 is a Private first class and still in the South Pacific. He has recently been moved from Aukland where he was stationed.

The world is small today! A letter from Major Thurlow in southern California tells of having a letter from George Bulgaris '32 giving his address and says that George is in England. Henry Britton said in his letter that George was across waiting for the invasion of Europe and gave us George's address.

Stanley Bickford and "Woody" Walker both of the class of '36 are in the South Pacific. They are looking forward to attending 1944 Alumni meeting.

Frank Stacey '38 is in the Coast Guard and is stationed at Cuttyhunk. Frank visited the School this summer.

"Bob" Landry '41 is in the navy and visited here one day.

James Bezanson ex- '43 has recently enlisted in the Canadian Army.

Kimon Bournazos who was a student here for a short time is in the air force. He was leaving for Barrytown, Penn.

William Somers ex- '41 has been an Italian prisoner in Africa, we hope that with the changed conditions in Italy that his status will soon be changed.

Archie F. Buder '37 was reported missing but a short time ago word was received that he is a prisoner of Japan in the Philippines.

John Adams '41 has been reported missing in North Africa. Johnny has been in the service just a year.

Frances Birtles has entered MacIntosh Business School.

Constance Davis is working at the Lynn Hospital.

Rose Dawkins is at the Hytrone in Newburyport.

Mildred Sapienza

NEW STUDENTS IN THE HOME- MAKING DEPARTMENT.

The following girls have enrolled as new students in the Homemaking Department:

Freshmen

Bette Andrews, Lynn
Marion Blake, Peabody
Justine Brimmer, Lawrence
Claire Conlon, Lawrence
Elinor Champoux, Newburyport
Barbara Dolbeare, Wakefield
Dorothy Dunn, Salem
Shirley Falkingham, Peabody
Marjorie Farrar, Groveland
Nancy Fichera, North Andover
Carol Fulton, Marblehead
Minnie Graves, Salem
Leona Hazel, Peabody
Rosamond Joyce, Danvers
Sally Little, Newbury
Ethel MacNeil, Lynn
Norma Marsland, Methuen
Louise O'Hearn, Lawrence
Ann Marie O'Sullivan, Lawrence
Lorraine Pearce, Lynn
Alice Pfersick, Salem
Ruth Saulnier, Danvers
Marilyn Sylvester, Peabody
Rita Toomey, Danvers
Helen Towne, Methuen
Doris Wood, Salem
Grace Wood, Georgetown

New Juniors

Marjorie Greaves, Salem
Everyl Tabor, Saugus
Alyce Twomey, Newbury
One Year Seniors
Sophie Abuciewicz, Lawrence
Ruth Potts, Saugus

Polly Little

MAKING NEW CLOTHES FROM OLD

We all like to make new clothes of course, but have you ever tried renovating old ones? It can be just as exciting you will find as making the new.

Now, more than ever we should allow nothing to go to waste. Any amount of good fabric can be used, no matter how small. If there is not enough for a whole dress, make dummies, collars, blouses or other accessories.

Use fabrics and colors which show definite contrast, other than to try to match colors. In that way you can more easily disguise the origin.

For an old dress grown too tight, try a new panel in the front.

A dress with too narrow shoulders can be very easily made into a jumper.

A man's shirt can be turned into a woman's shirt.

Blouses and men's shirts showing wear usually have enough fabric left to make dummies for your suits.

For two old dresses make one new one. Use the top of one the skirt of another.

Remember that each renovation is a problem in itself and each problem depends on how much of the original is good usable fabric.

Use your own ingenuity and see what you can do. The results will surprise you.

Anna J. Smith
Project Supervisor

DO YOU SPEAK DISTINCTLY ?

If you were in training for military service today you might expect to take a course in "Speech for Communication and Command", for the need of distinct speech, so exact that it can not be misunderstood, is of first importance to the military man.

It is easy to realize how indistinct or sloppy speech might cause the loss of American lives. For example: "Eleven hundred meters" sound like "seven hundred meters", and the shells would then fall on our men.

Outstanding officers have stated the need for precision in speech as follows:

1. The Adjutant General of the War Department says, "A great number of men have failed at camp because of inability to articulate clearly."
2. General John J. Pershing says "Teach your men to speak clearly and distinctly; lives may depend on it."

If distinct speech is of so much value to the military man, may it not be of almost equal value to any one of us in civilian life? Therefore it may be of help to consider some of the causes of indistinct speech and some of the ways of correcting it.

Causes:

1. Immovable jaw
2. Idle tongue
3. Lazy lips
4. Too much speed

Methods of correcting

1. Muscles must be trained to respond accurately and efficiently
2. Consonants are of greatest importance in clear speaking. Sound them clearly
3. Don't talk too fast
4. In microphone or telephone, speak distinctly, but do not shout.

Though human speech is physically produced by means of the lungs, the vocal cords of the larynx, and the articulators, which are the lips, teeth, tongue, palate, velum or soft palate and other muscles, precision of speech is chiefly concerned with the articulators for they are responsible for interrupting or modifying vocal sounds.

Try this exercise for training the muscles to produce precise, distinct speech:

"Loosen your jaw until a lively movement can be noticed when you are talking; practice moving your lips with energy; whip your tongue into vigorous activity; and don't talk too fast."

Also practice these tongue twisters for precision, not speed. Exaggerate precision.

1. Peter Percival, the prickly prangly pear picker, picked three pecks of prickly prangly pears from the prickly prangly pear trees on the pleasant prairies.
2. Theodore Thistle, the successful thistle sifter, thrust three thousand thistles through the thick of his thumb.
3. Susan sells sea-shells. Shall she sell sea-shells?
4. Some shun sunshine. Do you shun sunshine?
5. He sawed six slim, slender saplings.

IMPROVEMENTS IN HOMEMAKING BUILDING

Several improvements were made during the summer in the Homemaking Department.

The two kitchens were painted and the shelves in the supply rooms were varnished. New linoleum tile flooring was laid in the Student's Cafeteria and in the lower kitchen.

The library also looks very nice, with newly painted walls and freshly varnished shelves.

Jean Webster
Theresa Morasse

AGRICULTURAL STUDENTS

The Agricultural Department has an enrollment of forty eight boys for this year and are as follows:

William Allen, Essex
Harold Barton, Beverly
Kenneth Barton, Beverly
John Beckwith, Salisbury
Philip M. Boyd, Danvers
Howard D. Bradstreet, Topsfield
Frank W. Clark, Jr., Beverly Farms
Vernon A. Cline, Rowley
William A. Coffey, Jr., Georgetown
Edward R. Courage, Rowley
William Cyr, North Andover
Robert M. Dawley, Georgetown
Robert Desjardins, North Andover
Richard Dobzelecki, Danvers
Eugene Ellsworth, Reading
George M. Emmerton, Peabody
James Fitzpatrick, Salem
Terry E. Foster, Saugus
Malcolm P. Fowler, North Andover
Baron P. Fryer, Jr., Beverly
Charles M. Fuller, Beverly
Everett R. Garbati, Everett
Willard J. Goldthwaite, Dunstable
Robert P. Goodrow, Salem
Robert Hanson, Lynn
David A. Hardy, Boxford
Donald Henderson, West Andover
Harold Herrick, Haverhill
Chester R. Johnson, Jr., West Newbury
Lionel P. LeBel, Danvers
George G. Levesque, Peabody
Robert E. Longley, Peabody
Kenneth B. Lord, Ipswich
Ernest A. Lounsberry, Ipswich
Robert MacLaren, Malden
Herbert J. Moore, Groveland
Robert Moore, Manchester
Joseph O'Hearn, Lawrence
John W. Pence, West Peabody
John J. Peterson, Jr., Salem
Joseph Poremba, Andover
Ralph V. Robbins, North Reading
Edgar A. Roberts, Amesbury
Harold Rusk, Salisbury
Howard S. Smith, Jr., Marblehead
Andrew E. Stahre, Gloucester
George W. Staples, Salisbury
Allen S. Young, Andover

Lastly, see that the effect of your practice is carried into your daily conversation. Clear-cut speech is an asset to anyone.

Margaret R. Harris
Instructor, Homemaking Dept.

FARM LABOR SITUATION

Your personal help is needed in the securing of permanent farm labor. Last month I tried to give you the broad picture of the farm labor problem, in Essex County, its seriousness and its opportunities. Now I should like to suggest what you individually can do to help out. And in so doing you help in more ways than you realize at first thought. You are helping the individual you tell me about to improve his position or security. You help the farmer he goes to work for out of a situation that is frequently close to desperate. You are helping the war effort by making it possible to continue or increase food production for the armed forces and the home front. Lastly, you help in our effort here at the School to better give you the assistance we desire to.

What You Can Do

1. Tell all your friends of the opportunities now open to improve their present position or better secure their future. Ask them to help by telling their friends. The more people we get talking the better the results.
2. If anyone is even slightly interested give me the name and address so I can personally talk to them, and tell them what is available. You do not vouch for them in any way nor will you be mentioned if you do not wish it. What I now wish is more people to tell my story to.
3. If you know of anyone leaving a farm employment, even if they are unsatisfactory, let me know of it so I can try to place him elsewhere and not lose his services entirely in the farm field.
4. If you have tried to hire some one and failed or have had applicants you did not use, give me the names and let me try to secure their services for someone else. I may be able to return the favor and suggest someone to you later whose name was given me.
5. Pass along to me any suggestions you have that might relieve the situation, even though they may seem impractical. I will gladly work them out and let you know the results. I have tried many ideas and failed and am still looking for others. Names of people possibly interested, sources of potential help, and ways in which the present available labor can be better utilized are all welcome. Alone I can do very little but by all of us working together it is possible to do a great deal.

Use of Women

In line with the use of women in industries where it was previously considered impossible farmers should give some thought to where they might fit in to their work. I am now working on a survey of what has been done in this respect in Essex County and have had to change some of my preconceived ideas on this already. From the actual experience that has been had using women it seems they are most valuable on the smaller farms where they can do general work under the guidance of the

owner. It will also usually be necessary they live in his home. They can not do the work of a man because they lack the strength but if their work is properly planned they can accomplish as much for you as the average man will. You however must assume a larger share of the heavier tasks than normal.

As a whole they are dependable, never suffer from the Monday morning blues that some of the men we have do, are good workers and handle poultry or livestock especially well. There is little argument that they are as good on the place as a good man but they will equal in assistance many a poor one and are immeasurably better than none at all, which is the case both now and in the future many of you are in. Their use will require adjustments and changes on your part but with their help it may be possible for you to produce more than you otherwise could with the help that will be available. Please consider the matter without prejudice and do not condemn it without thought merely because it is new and unusual. I will be glad to talk individually with anyone who is interested and try to suggest means to you that have worked with others and perhaps individuals for your consideration.

There exists no more surplus today of women than men for farm work and this does not offer any solution to the permanent farm labor problem. It is merely one more way in which perhaps the load can be lightened in spots.

Albert E. Curtis

Emergency Farm Labor Assistant

APPLES

- One bushel for 20 pint jars. Use tart winter varieties for canning.
1. Wash, peel, core, and slice apples. As fast as they are prepared place in weak brine; 3 tablespoons salt to 4 quarts water.
 2. Blanch apples in hot water, 2 to 4 minutes. Cool.
 3. Pack closely in clean jars. When 2/3 full add 20 per cent syrup or plain hot water to top of fruit. Finish filling jars.
 4. Wipe off top of jar, put on rubber, cover, bale over top, side clamp down.
 5. Process in boiling water—12 minutes for pint jars, 17 minutes for quarts.
 6. Remove jars from processer, cool, and store.

APPLE JELLY

A number of requests have been received for directions for making Apple Jelly. Extension leaflet number 201 will give you the full directions as well as directions for jam, jelly, conserve, marmalade and pickles. Send your request for leaflet 201 to Miss Katherine M. Lawler, County Home Demonstration Agent, Essex County Agricultural School, Hathorne.

GARDEN CHAT

Storage cellars are popular this year both for commercial growers and many Victory Gardeners. This is the time of year which they come to the front and will be prominent for the next few months. Right now they are being filled with potatoes, apples, beets, carrots, turnips, cabbage and the like. For these crops a temperature of 38 degrees—40 degrees F., would be ideal, with high humidity and ample ventilation. Moisture can be furnished by having a spill of water in the cold closet or to sprinkle the floor occasionally with water. Until the nights get down below 32 degrees F., the ventilators should be open at night time and closed during the day. When the temperature goes below 32 degrees F., at night reverse the practice by having ventilators open in the day and closed at night. Then when the temperatures drop below 20 degrees F., it is well to keep closed except on warmer days and nights. Squash and onions prefer dry conditions. The open cellar makes a good place for them but not near the heater.

Have you cleaned up the garden area yet? The fall work has not been completed unless you have pulled weeds and placed them on to the compost pile with cabbage leaves, carrot tops, squash and cucumber vines and the like. Better to burn bean vines and corn stalks so that many Mexican bean beetles, corn borers and ear worms will be destroyed then, if you plan to plant the same garden area next season, take the hoe and loosen the soil. Sow a crop of Winter Rye and at the rate of 2 lbs. per 1,000 sq. ft. Rake the seed in to cover and aid germination of seed. This green manure crop will use up any plant food which becomes available during the late fall and winter days and next Spring when turned under will add much organic matter to the soil for the use of next season's crops. If the green crop was not planted this Fall much plant food would be lost by leaching or washing away.

If the garden area this past season did not pan out too satisfactory look about for another plot where your results and efforts will be more worthwhile. Next year, food will be more needed than this season, so plan now on a vegetable garden for 1944. It will be more profitable for you turn over the sod land this Fall allowing nature to help you in rotting down the sods and making the work of the garden much easier next season.

C. M. Stearns

HELP THE WAR EFFORT

The Government is now using the fluff from the Cat-tails of our swamps in the helmets for our airmen. The Kapok supply is rapidly becoming depleted and engineers have found that the cat-tail fluff is as effective.

A Wisconsin firm is offering five cents a pound for this material. For further information contact the County Agent or the 4-H Club Agents.



4-H Club Notes



ACHIEVEMENT DAYS

Local 4-H Leaders in Agricultural projects should plan their achievement days now. When all members' records are in, summarize the years work with an evening when parents and friends are invited. Four-H pins and certificates should be awarded to members before a gathering wherever possible. The club agents will be willing to help plan for these achievement events and award the pins and certificates and where possible provide a moving picture for the event. Make your plans now for your club's big day.

4-H EXHIBITS

West Gloucester

The West Gloucester 4-H clubs under the direction of Robert Anderson cooperated with the local Grange and put on a fine exhibit. Miss Lucille Elwell 4-H garden leader was a hard worker in organizing the girls' exhibits. The girls exhibited canning and vegetables and the boys exhibited eight head of swine, garden vegetables as well as a few chickens and doves.

Salisbury

The 4-H boys' club of Salisbury known as the Batt's Hill club led by Victor Stevens had a fair of their own. Prize awards were offered by the Dept. of Agriculture. The Club Agent helped the boys make up a premium list and the affair was held on Sept. 11. The boys made a rule that all 4-H members must help build the pens for the pigs and get ready for the Fair. Those not cooperating could not exhibit. Every member of the club exhibited.

The Amesbury and Salisbury Agricultural and Horticultural Society contributed \$5.00 to the prize money and \$12.00 was awarded by the Dept. of Agriculture.

Ipswich

Mrs. Cleon B. Johnson, Mrs. J. Alcide Lombard and Miss Jennie Johnson with the cooperation of the Club Agents arranged for a Victory Exhibit in Ipswich. The Dept. of Agriculture gave \$10.00 and \$22.00 was raised besides. Over 54 plates of vegetables, 66 cans of fruits and vegetables besides several classes of poultry were exhibited.

Saugus

A very large fair was held in Saugus with the General chairman being Ellery Metcalf, and Manager Paul Corson, 4-H Club leader. Around \$300.00 was raised. This money is to be used to send worthy 4-H members to Camp Leslie in 1944.

MASSACHUSETTS SOCIETY FOR PROMOTING AGRICULTURE

The Massachusetts Society for Promoting Agriculture, the oldest Agricultural Society in Massachusetts is awarding \$1,800.00 in cash prizes in the state to outstanding 4-H members carrying on Livestock projects. This money is divided on a county basis and Essex County will have \$150.00 to award. The money will be divided as follows:

Dairy Projects \$25.00

1st prize \$15.00
2nd prizes of \$5.00 each

Poultry Projects \$65.00

1st prize \$15.00; 2nd \$12.00; 3rd \$10.00; 4th \$8.00 and four 5th prizes of \$5.00 each

Swine Projects \$60.00

1st prize \$15.00; 2nd \$12.00; 3rd \$10.00; 4th \$8.00; and three fifth prizes of \$5.00 each

The records of the 4-H members and the projects will be considered in making these awards. Watch the next issue for the winners.

Ballardvale

The Ballardvale 4-H club led by Mr. Arthur Covell had an exhibit of vegetables and the Women's Friendly Guild of Ballardvale offered \$10.00 for the best gardens. The Club Agent awarded ribbons and as this affair served as the club's achievement program the 4-H pins and certificates were awarded to those who had completed their projects.

Hathorne

The Victory Farmeretts of Hathorne led by Mrs. Byron Colby set up a window display at the Danvers Electric Co. Prizes were awarded for the best collections of canned goods.

Middleton

The Greenerettes, led by Mrs. Gus Fischer; the Young America 4-H club and the 4-H Victory Club led by Miss Annabelle Sylvester exhibited their canned products at the Middleton Grange Fair.

Haverhill and Merrimac

The Haverhill clubs exhibited their products at the Bradford Grange Fair.

The Merrimac clubs exhibited at the Merrimac Grange Fair with a fine showing from each club.

STATE 4-H CANNING EXHIBIT

Mrs. Byron Colby, leader of the Victory Farmeretts of Hathorne, took a group of canning club members to the State Canning Exhibit in Horticultural Hall, Boston, as did Miss Annabelle Sylvester of Middleton. Each group learned a lesson by seeing what other club members all over the state are doing and another year will know more about the type of product they should send to the exhibit. We are looking forward to another Victory Canning Contest in 1944.

Essex County winners at this exhibit were: Wilma Welch of Danvers with five prizes, an excellent, two very good, and two good; Natalie Polk a first year club member of Gloucester received an excellent for her tomatoes; other first year members were Lillian Johnson, Doris Fischer of Middleton; Janice Homans, Ipswich and Margaret Strovick, Haverhill.

JORDAN MARSH SHOW

A number of Essex County 4-H girls exhibited at the Jordan Marsh Victory Canning Show, the girls who won prizes here were: Virginia Bennett, Danvers; Natalie Polk, Gloucester; Wilma Welch, Danvers; Dorothy Thompson, Haverhill; Julia Keosian, Haverhill; Mary Dallen, Amesbury; and Marcia Twombly of Groveland.

COOPERATION

Essex County 4-H members cooperated in the Victory Sing Program over WBZ on September 18, under the direction of Mr. Augustus Zanzig of the U.S. Treasury Dept. This was in connection with the Third War Loan Drive. Those taking part were Betty Grimes, Virginia Bennett, Shirley Bennett, Lee Powers, Onni Munston, Mildred Wright and Lorraine Bennett. The songs used for this program will constitute part of the Massachusetts 4-H Song Program for 1944.

Representatives of the various canning clubs of Haverhill gathered together to can 216 quarts of tomatoes for the Home for the Aged under the guidance of their 4-H leaders. These tomatoes were grown by a boy's 4-H garden club.

WINS SAFETY PRIZE

Robert Bartlett, Congress Street, Salisbury won a county prize of \$1.00 in War Stamps for winning in the National Safety Contest.

Essex Farmer and Homemaker

VOL. 25

HATHORNE, MASS. NOVEMBER, 1943

NO. 11

Entered as a second-class matter, May 28, 1919, at the Post Office at Hathorne, Mass., under the Acts of August 24, 1912.

The Fuel Wood Situation

On September 1, we had 20% less of the four principal petroleum products, gasoline, kerosene, domestic heating oil and heavy fuel oil in New England than a year ago. There were 700,000 barrels more kerosene and about 600,000 less domestic fuel oil and 1,700,000 barrels less gasoline. Last year the shortage was due to transportation but this year there is a scarcity of production.

It was revealed at the State Fuelwood meeting recently held at Boston that Massachusetts will probably not be able to get more than 90% of last year's consumption of anthracite coal, since the anthracite coal in reserve is 200,000 tons less than last year this means that consumers may not get more than 80% of last year's total.

If further trouble should develop in the coal fields or if another front is opened in western Europe further shortages may result.

Fuel wood can be used in this emergency if ways can be found to cut it. Due to the shortage of professional wood cutters it is becoming evident that the amount of fuel wood for sale will be inadequate.

Everyone who can should arrange to cut their own wood. A questionnaire is being sent to the woodland owners of the County to determine those who would be willing to have marked trees cut for cordwood on a share basis.

Anyone who is interested in producing their own wood and wants to secure standing trees to cut should contact the fuel chairman in the town where they desire to operate.

The following is a list of fuel chairmen of the towns of Essex County: Amesbury, James A. Jackman; Andover, Sidney P. White; Beverly, Arthur F. Thompson; Boxford, Clarence Brown; Danvers, Stafford N. Hennigar; Essex, Roland T. Joseph; Georgetown, Harold Elliott; Gloucester, Charles T. Heberle, Jr.; Groveland, Philip H. Martino; Hamilton, Bye Meyer; Haverhill, Michael Fitzgerald; Ipswich, Wallace Lathrop; Lawrence, John J. Cronin; Lynn, John E. Morrissey; Manchester, Dominic Flatley; Merrimac, Richard E. Sargent; Methuen, James Stanley; Middleton, Albert A. Sheldon; Nahant, Martin Athy; Newbury, Irving C. Little; Newburyport, James J. Duggan; North Andover, Arthur Farnham; Peabody, Charles J. Reynolds; Rockport, Marshall E. Moulton; Rowley, Winfield Haley; Salem, Harry Pickering; Salisbury, John W. Busswell, Jr.; Saugus, Edward Batchelder; Swampscott, Herbert Andrews; Topsfield, Harry W. Fuller; Wenham,

Attention Alumni

The Executive Board of the Alumni Association is planning to have the annual banquet and dance for the Alumni on the evening of Graduation Day, November 28.

It is hoped that all the five year classes will hold reunions, 1918, 1923, 1928, 1933 and 1938.

A turkey dinner is being planned; tickets including the tax will be \$1.50 per person and the dance tickets will be 55 cents per person (including tax).

Because of food conditions all RESERVATIONS MUST BE IN BY FRIDAY, NOVEMBER 19, to the Secretary, Eric Bergstrom, 2 Lee Street, Salem, Mass. or telephone Salem 5403.

GRADUATION SPEAKERS

Three students will have parts in the Graduation exercises which will be held in the main assembly hall here at the School at two o'clock on Tuesday, November 23.

Leona Freegan of the Homemaking Department will return from Nasson College where she is studying to speak on "The Advantages and Place of a Home Economics Education."

Priscilla Glines of the Agricultural Department and now employed at Breck's in Boston will speak of her "Three Summers in Horticulture."

Paul Kent who is a Cow Tester in Middlesex County, will tell "How the Testing of Cows Aids the War Effort."

STAFF NOTES

Alice Silcox and Ruth Tronerud who were apprentice teachers in the Homemaking Department in 1940 are now teaching in Beverly. Alice is at the High School while Ruth is at the Junior High. Ruth is also an Essex Aggie graduate class of 1937.

Instructor J. Stanley Bennett has returned to his classes following an operation.

SCIENCE EXHIBITION

The 19th Annual Science Exhibition will be held November 12. It will be a smaller show than usual and will be suited to our smaller student body.

Louis A. Dodge; West Newbury, Albert H. Beckford.

Ezra I. Shaw
Essex County Forester

Bee Eats its Weight in Month

Bees need about six times their own body weight in food, just as humans do. For example, a man in the army, weighing 150 to 175 pounds eats about a ton of food in a year, or half a ton for winter. A 10-pound colony of bees needs 60 pounds of honey and four or five combs of pollen stored in the hive to carry it through the winter.

The 60 pounds of honey stored in the hive and converted into bees next spring will bring a beekeeper a considerably larger return in new honey than his investment for winter bee food, the U. S. Dept. of Agriculture points out. Any honey not used by the bees will be carried over to the next crop, as the bees will not waste it.

Contract the summer entrances to the proper size for winter on all hives. Reduce to the size that has been giving you the best results in your locality and that are known to be mouseproof. Remember that a few mice can do a lot of damage to the combs and the bees as they eat honey and disturb the clusters in the coldest weather when the bees are most dormant and they can squeeze into the usual size entrances.

(Continued on page 3, col. 3)

W. F. A. WILL PAY DAIRYMEN

A release from the War Food Administration states it will pay farmers of Massachusetts for whole milk 50 cents per hundred weight to offset the increase in feed costs since September 1942. This rate is for October, November and December 1943. On butterfat the rate is six cents per pound.

Where and How Paid

"Payment will be by draft to the producer upon the submission to the County AAA committee for the County where the farm is located, of satisfactory evidence of the quantity of milk or butterfat sold."

"There will be two payments, the first payment will be in late November or early December for the October milk, and the second payment for November and December milk will be made in January."

"Forms will be distributed as soon as ready but dairymen should keep records of total milk produced and sold. Keep records on file of actual feed purchased. Producer—dealers should make sure they can furnish evidence of produced milk as well as purchased milk."

Dairymen will receive more detailed information on the method of reporting soon.

Essex Farmer and Homemaker

HATHORNE, MASS.

Published monthly by the Trustees of
the Essex County Agricultural School

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MORE FUEL FOODS FOR BUSY WAR DAYS

As part of our Civilian Defense Program, our government recognized the need to stress the daily use of certain Basic Foods in order to have a well balanced diet. This list, of about nine foods, is by now, familiar to most of us.

Contrary to opinions held by many, we receive strength for our daily work from the two fuel foodstuffs, fats and carbohydrates, rather than from proteins, the building foods. Meat as a protein food has had, quite commonly, attached to it the quality of strength-giving. Now, strength means energy for doing of work. This energy is best derived from the carbohydrate foods, such as cereals and sugars. Fats supply very concentrated forms of energy, but should not be consumed too freely since in large amounts, they are apt to cause digestive disturbances.

It is, indeed, a comfort to know that in these days of rationed foods, we have, on hand and unrationed, a most generous supply of strength-giving foods in the form of cereals. For us to receive strength or energy from foods, they must first be burned in the body. Sugars burn most readily, starches next and fats very slowly. So nature has provided us with fuels to last us from one refueling time to the next. If we depended entirely upon sugars for our fuel, we would get quick results after each meal, but we would feel hungry before our next meal. On the other hand, if we depended upon fats entirely for our source of energy, we would find a long period required for their digestion and assimilation, with returns in energy coming along quite slowly. So, we need to make use of all three of our fuel foods, drawing most heavily upon the starches ones, which give us energy returns neither too quickly, as do the sugars, nor too slowly, as do the fats.

(Continued on page 3, col. 2)

GARDEN CHAT

Victory gardeners should review the past season's experiences to find ways and means of correcting weak spots and to plan for a better garden in 1944. Many gardeners planted more of some crops than they could conveniently use up when the crop was at its peak. It may have been much better to have planted less footage of row and to have made a second and later planting of that crop so as to have the vegetable coming along over a longer period of time.

Too much seed was used in many gardens, this was a waste and perhaps deprived some one of that particular variety of seed. Next year, follow instructions on a garden plan as to the amount of seed so that there will be enough to go around.

Don't Discard Seed

Don't discard or throw away seed left from this past season's planting. Keep it in a dry place and away from mice and rats. Most seeds will be good to plant next season. There are a few exceptions like parsnip and onion.

Proper thinning should have more emphasis another year. All too many rows of lettuce, carrots, beans, turnip and the like were too thick for best growth. If the housewife plans on feeding four people how can she make the same amount of food do for fifty. There's the same thing in the garden — if carrots do best at two inches apart how can 20 plants find food and space to grow in those same two inches.

Fifth Columnists

Weeds, insects and diseases are fifth columnists. Did you let them have free lance in your garden this past season? Weeds require plant food and water to produce growth just as the beets and cabbage you were trying to grow and yet many folks just watched them rob the plant food and water away from those desired crops. If you have pneumonia or scarlet fever you do something about it. Yet you saw those vegetable plants the past season have blight on the potatoes and tomatoes or Mexican bean beetles on the beans and the cabbage worm on the cabbage plants. What did you do about them?

Plow Now

You may have got off to a late start as all garden plots could not be plowed all in one day. So many new gardens this past spring required turning over sod land. This slowed work up. If you were not satisfied with the garden results this season now is the time to look for another plot and then have this sod turned over this fall or right off. During the winter months nature will help you to rot those sods down and this will make easier conditions for you next spring.

Plant food offers its problems next year too. The fertilizer industry informs the public of some shortages. All folks burning any hard wood as fuel should save all the ashes for use on the vegetable gardens for 1944. This will add a small amount of potash as plant food and will replace the use of lime. It is not a good policy to apply manures to

THE HOME AND ITS CARE

The first meeting of the fall program of the Essex County Extension Service on "The Home and Its Care" has been held in many communities in Essex County. The program consists of a series of three meetings. The first meeting on "Easy Upkeep for the Home" includes care of wall finishes and coverings, floors and floor finishes and the care and repair of rugs, linoleum, curtains, draperies and window shades.

Mrs. Harriet J. Haynes, Home Management Specialist of Massachusetts State College, met with groups in Beverly, Ipswich and Marblehead. Other groups met in Lawrence, Newburyport, Middleton, Wenham, Rockport, Newbury and Haverhill with Miss Katherine M. Lawler, County Home Demonstration Agent.

The groups were very much interested not only in simple methods of doing many household tasks but also in the suggestions for many excellent household cleaners which homemakers may make up and which are very inexpensive. These included cleaners for walls, woodwork, floors, window shades, windows, mirrors and kitchen and bathroom equipment.

The second meeting in the series will be on "Simple Home Repairs" and will include information on repair of electric cords, repair of leaky faucets, care of sink and lavatory drains, plumbing fixtures and finishes, furniture repair, and small household repairs. This meeting has been planned for the following communities:

Beverly	Lawrence	Newbury
Marblehead	Ipswich	Wenham
Newburyport	Middleton	Rockport

Watch local papers and radio station announcements for dates. All meetings are open to any women interested.

Any group interested in sponsoring these meetings in the community may contact the Home Demonstration Agent, Essex County Extension Service, Hathorne, Mass. Each meeting is a meeting in itself and is not offered as a part of the program of meetings of other organizations in the community. Meetings are 1½ to 2 hours in length.

Katherine M. Lawler

the garden plots in the fall as much value will be lost during the winter months.

Some victory gardeners did not harvest their crops when they were ready. Beans were allowed to become too large and stringy; cabbage heads cracked badly; beets, carrots and turnip became large and coarse. One's own vegetable garden affords the opportunity of harvesting crops of high quality and freshness.

C. M. Stearns



Essex County Agricultural School

Honor Roll

The Service Flag here at Essex County Agricultural School has the number 330 on it denoting that there are that number of graduates and former students of the Agricultural School who have been in the armed forces. Several have had discharges and there are five gold stars on the flag. A few on the list have served the School as Instructors and in other capacities.

If you know of any Essex Aggie man or woman in the Service and they are not listed here will you please send their name and service address to Director Harold A. Mostrom.

A

Adams, John Edward
Missing in action in North Africa
since August 19, 1943.
Aldrich, Donald Arthur
Allen, Anthony Augustine
Allen, George G.
Allen, Norman
Ambrefe, John L.
*Amidon, Everett S.
Reported killed in South Pacific, December 22, 1942.
Anderson, Frederick Lowell
Anderson, James T.
Andreas, Joseph
Arnold, Joseph Moulton
Arrington, Robert F. Jr.
Athanasious, John Arthur

B

Banks, George Francis
Barlow, Raymond E.
Barter, Irving F.
Bennett, Olive Pinney
Bergeron, Joseph James
Berrett, Bernard E.
Berry, Alvin Frederick
Bertram, Robert Edward John
Bettencourt, Lawrence Joseph
Bickford, Stanley Martin
Bingham, Robert George
Blaisdell, Emma Josephine
Blake, Merritt Chichester
Boardman, Roger
Bournazos, Kimon
Bowen, Harold Dowsing
Brady, Leonard Leo
Britton, Henry W. Jr.
Broderick, John Keith
Bruno, Charles
Brown, Edward Thomas
Brown, Hilda Marion
Brown, Richard Milton
Brown, Wallace Eason
Medical Discharge
Brown, Warren Ralph
Buder, Archie Francis Xavier
Prisoner of Japanese since fall of
Corregidor

Bulgaris, George
Bulgaris, James
Burger, William W.
Burr, Eugene Foster

C

Cail, Donald B.
Camarra, Richard Frank
Campbell, Ernest William
Caproni, Alfred George, Jr.
Carey, John Aloysius
Carl, George William
Cashman, James L.
Cassano, Joseph
Chalfour, Raymond Louis
Champion, Howard Marshall George
Cipolla, Alfred Joseph
Clark, Ansel B.
Clark, Lorin Gilman
Clark, Loring E.
Clark, Nathan Horace
Clinch, Chester Eugene
Cobb, Norman D. Jr.
Colby, Richard White
Coleman, Monica
Connell, Arthur John
Conrad, William
Conway, Robert
Corbett, William
Corner, Wallace Charles
Critehett, James Rodney
Crosbie, John Anderson
Crosby, Alden Edwin
Croteau, Edward Bush
Currier, Charles Otto
Curtis, Percy Lewis, Jr.

D

Dalrymple, Horace O.
Davidson, Amos
Dawkins, Kenneth Edward Gardner
Dawson, Raymond Bruce
Dedcovich, Newell, Jr.
DeVeau, Earl Paul
Dichirico, Theodore S.
Dodge, Franklin N.
Donahue, John Gerard
Dorman, Ernest
Doyle, Hervey J.
Dupuis, Leon Callahan
Duratti, Leonard J.
Dwinell, John W. Jr.

E

Emerson, Frederick G. Jr.
Emerson, George
Emerson, Robert E.

F

Ferguson, Raymond Shirley
Fitchuk, John
Fitzgerald, Roy
Fontaine, Herve Frederic
Ford, Roy Clifton

Foss, David Preston
Fossa, Ruth Louise
Foster, George Arthur
Francouer, John Daniel
Freeman, Charles Gilbert
Freeman, Edward
Medical Discharge
*French, Warren Franklin
Killed in plane crash in Hawaii, Nov.
17, 1941
French, William Bartlett
Fullerton, Thomas J. Jr.
Furey, James Thomas, Jr.

G

Gagnon, Paul
Gagnon, Robert
Gaudet, Wilfred Joseph
Gauthier, Warren Thomas
Giardina, Leo
Georgantis, George Peter
Gerow, Arthur William
Gibbs, Charles Bromage
Gifford, Parker Endicott
Giles, Aubert Stanford
Gillen, Francis Xavier
Gillis, Donald
Gilman, Richard K.
Glowacki, Edward Thomas
Glackin, Arthur Worcester
Golden, William Henry
Goodale, James Godfrey
Goodale, Paul W.
Gordon, Arthur Kendall
Gould, Thomas Taylor
Gregg, Burton William
Greenaway, Albert Edward
Griffin, Robert Frederick
Groce, George Arthur
Grover, Warren
Gumb, Reina Alice

H

Hale, Nathan S.
*Hamson, Philip Mead
Missing at sea March 1943.
Hardy, Frederick
Harlow, Robert
Harrigan, Helen
Hawkes, William, Jr.
Hay, William
Hayward, Ralph L.
Hennessy, John William
Discharged to do farm work April
1943
Henriksen, Newton Albert
*Herron, Donald Brooks
Reported missing as ship over due two
months and considered lost through
enemy action, November 1942
Hersey, Daniel
Hocter, John Joseph, Jr.
Hocter, William Joseph
Hoffman, George Albert, Jr.
Hogan, Joseph F.
Howard, William Albert
Hull, Edwin
Humphrey, Hale

ESSEX COUNTY AGRICULTURAL SCHOOL — HONOR ROLL

Hunt, Leo A.
Huson, Milton Kent
Hyde, Edwin Anthony

7

Irons, David William

7

Jackson, Robert Francis
Jaquith, Irving Jackson
Jenkins, Rupert Warren
Johnston, Sidney
Joiner, Donald
Jones, Harold Wilson
Jones, Llewellyn
Joyce, Joseph V. Jr.

7

Keane, James J.
Kearney, Joseph W.
Kelty, John Crofton Patrick
Kelly, Harold Martin
Kelley, Andrew Warren
Kelley, Paul Edward
Kezer, Frederick Gowen
Killam, Franklin
Killilae, Francis Carroll
Kneeland, Warren Bray
Knight, Stafford Russell
Knott, Donald Lesdin
Kopacki, Leo J.
Kukene, John Joseph

7

Landry, Robert John
Lane, Frank Otis
Lane, William E.
Lanier, Bernadette Louise
LaPlante, Arthur A. Jr.
Larkin, Catherine Marie
Larson, Ada Elizabeth Nief

Released from Navy Nurses Corps as
she married Capt. Karl B. Larson
of the Medical Corps.

Lecraw, Walter Innis
Lee, Thomas Preston
Lemieux, Ernest Joseph
Lewis, Donald B.
Little, Edward Robert, Jr.
Ljunggren, Arvid
Long, William Anderson
Luscomb, Horace Eaton
Luxton, Chester
Luxton, Elmer Thomas
Lynch, Edward Francis
Lynch, John Leo

7

MacAfee, Robert Turnbull
Macdonald, Donald Richard
*Mackey, Charles T.

Killed in plane crash December 12,
1942, in Mississippi.

Maguire, Donald
Mahoney, John Joseph
Mahoney, William Leo
Makin, Herbert Charles
Malley, James
Manock, Arthur F.
Mansell, William
Marshall, Lee Wentworth
Matses, Harold Theodore
McBride, Kenneth J.
McCourt, Albert Edward
McDermott, Lawrence Luke
McLoon, Nelson
Mills, Albert Cowan
Mitchell, Clarence Edward
Mitchell, Everett

Mizzi, Joseph Raymond
Mizzi, Robert
Moran, Edward
Moreland, Alden Francis
Moseley, William Oxnard
Mpelkas, Christos Constantine
Mulally, Richard
Medical Discharge
Monroe, Clarence Edward
Munroe, John William
Medical Discharge

7

Nealey, John Joseph
Nelson, Warren Edgar
Neville, James Joseph
Nicholson, Arthur J.
Nollett, Conrad Joseph
Noyes, Albert E.

0

O'Connor, Francis Charles
O'Keefe, Charles Thomas
Ormsby, Kenneth G.
O'Shea, Thomas J.
Oulton, Richard B.
Ovens, James George
Owens, Thomas William

7

Page, Warren Ellis
Parker, Phillip
Patterson, Clarence
Peach, Daniel Alexander
Pead, Raymond Otis
Pearse, Robert H.
Peaslee, Ralph L.
Peaslee, Richard Henry
Peatman, Norman
Pelletier, Joseph Gerard
Pelletier, Joseph George
Peterson, Eric Conrad
Pettengill, Charles Edmon
Pierce, Francis
Pierce, Harold Gregory
Pike, Walter Nathaniel
Pingree, Gordon
Pingree, Phillip Gordon
Pohju, Victor Daniel
Preston, Priscilla G.
Prophet, Stanley
Purdy, Raymond S.
Putney, Chester

2

Quinn, John P.
Quinn, Richard

7

Ranta, Henry Jacob
Ray, Warren Alfred
Reilly, Bernard Leonard
Reynolds, Ralph Charles
Rider, John
Roberts, Barbara Ruth
Roberts, Everett
Roche, Thomas Joseph
Rock, Albert Paul
Rosi, Louis
Russell, Edward Mansfield
Russell, Gordon Warren
Russell, Hugh

5

St. Pierre, Emile Joseph
Sammartano, Joseph
Santin, Patrick Gildo
Scamperino, Yolanda K.

Scanlon, William M. P.
Scouller, Joseph Alton
Senior, William M.
Sevoian, Martin
Shaw, Alonzo Meyrle
Shorten, Austin Howarth
Sioman, Charles
Smith, Alfred R.
Smith, Burton Edward
Smith, Elmore G.
Smith, George Selden
Soiett, Morton
Solomon, George
Somers, William

Captured by Italians in North Africa
January 24, 1943

Soucy, Florence Seymour
Sparks, Francis Donald
Spencer, Robert Wilson
Spiliotis, Charles
Sprague, Robert
Stacey, Frank Malvin
Stephenson, Henry H. Jr.
Stone, Howard William, Jr.
Stone, Porter Howard
Stone, Russell W.
Sturtevant, Richard M.

7

Tarbox, Ellsworth D.
Tarbox, Ernest Townsend
Teague, Clayton Forbes
Thomas, Richard
Thomas, William
Thurlow, Henry P.
Tillson, Chester
Tinsley, Thomas Edward
Toomey, John Patrick
Towne, Warren Holland
Trask, Allyn Russell

7

Vaughan, Harry
Veinot, Claude E.
Venti, Eugene Peter

7

Wadsworth, John Arthur
Walker, Arthur George
Walker, David Woodward
Ward, Charles Francis
Waters, Joseph V.
Weaver, Robert
Webb, Bradford Ernest
Webb, Donald W.
Webber, James Philip
Weinhold, Russell C.
Medical Discharge
Weinstein, Hyman
Welch, Dorothy Cecelia
Honorable Discharge
White, Kenneth Howard
Wildes, George Francis
Wilkins, Ralph Warren
Williams, David
Williams, Marvin Tasker
Winthrop, Frederic
Winsor, Kenneth Charles
Woodworth, Beatrice Lavenia
Worsman, Robert

7

York, Myron A. Jr.

3

Zielski, John Michael

SUPPLEMENT

Essex Farmer and Homemaker

SCHOOL NOTES

NOVEMBER, 1943

SQUASH PIE FOR THANKSGIVING

On Thanksgiving New Englanders like to have several kinds of pie. This year with so many Victory Gardens we should have some squash pies for our tables at that time.

Squash Pie

- 3 eggs slightly beaten
- 1 cup sugar
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{2}$ teaspoon nutmeg
- $\frac{1}{2}$ teaspoon ginger
- $\frac{1}{4}$ teaspoon cloves
- 2 cups strained cooked squash
- 2 cups milk, scalded

Combine eggs, sugar, salt and spices; gradually stir in milk, then squash. Turn into pie pastry and bake in hot oven 450 degrees F., 10 minutes, reduce heat to moderate oven 350 degrees F., and bake 20 to 25 minutes longer or until knife comes out clean when inserted into middle of pie.

Eleanor Moore

F. F. A. Meeting

The first meeting of the Essex Chapter Future Farmers of America was held October 20, in the Assembly Hall with a moving picture on the "Life and Death of the Hornet". The picture was shown to the Agricultural students by Mr. Meigs. The picture itself was restricted to persons engaged either in war work or civilian defense.

It was obtained by Mr. Gallant to be shown here at the school by the Salvage Drive Committee.

The picture was based on the life and death of the U.S.S. Hornet. The Hornet an aircraft carrier was the unidentified air base called Shangri-la, which Colonel Doolittle took off from to bomb Tokio.

There was also an election of officers who will serve the Chapter for the ensuing year. President Coleman Lee, Groveland; Vice President, Malcom Noyes Newburyport; Secretary Mary Elizabeth Carey, Andover; Treasurer, Sydney Barlow, Lawrence.

The position of reporter will be filled at a later meeting.

Clifford Gaudette

FLORICULTURE TRIP

The advanced floriculture students accompanied by Instructor White attended a session at the Floral Designing School at Horticultural Hall on October 14.

Arrangements of dried grasses, gourds, chrysanthemums and Thanksgiving table centerpieces, were displayed from which the students obtained much benefit.

Vera Yonetz

ALUMNI NOTES

1930

S 2/c Florence Seymour Soucy, U.S. C.G.R. is stationed at the Coast Guard Clothing Depot, New York City.

1933

Lt. Olive Pinney, Army Nurse Corps was married in September to Major Bennett. Her address is Lt. Olive P. Bennett, A.N.C. Station Hospital, G.A.A.B. Greenville, South Carolina.

1938

Betty Nief who was a Navy Nurse has been discharged because she was married in June to Capt. Karl V. Larson as Navy Nurses are not allowed to serve after marriage.

1939

Lt. Barbara Roberts, Army Nurse Corps is stationed somewhere in England.

Judith Williams of Beverly was married on October 15 to 1/c Petty Officer Joseph Dow of the U.S. Coast Guard and son of Mrs. Gertrude Day Dow of Cleveland, Ohio. "Judy" is living with her parents while her husband is in the service.

Mr. and Mrs. James VanDine of Beverly announce the engagement of their daughter Gloria to Ensign Kenneth J. Maxwell of the U.S. Navy.

1940

Mrs. Beatrice McCarthy of Seabrook, N. H. announces the engagement of her daughter Virginia to S1/c Alden Moreland, U.S.C.G. of the Class of 1941.

1942

Constance Kruschwitz was recently married to Robert Strickland.

Ralph C. Reynolds who has been milk tester here at the School has resigned and as we go to press he is entering the U.S. Army. The staff at the school presented Ralph with a black leather traveling bag just before he left here.

1943

Mary Lovely is an Assistant to the Dietitian at the Allerton Hospital in Brookline.

Bernadette Lanier ex-43 is at Hunter College having recently entered the WAVES.

1944

Elizabeth Rubchinock ex-44 was married September 30 to Marvin Williams of the Class of 1942.

Priscilla Wright

AWARDS FOR SUMMER PROJECTS

At the morning assembly on Wednesday, October 20, Miss Moore presented the following ribbon awards for work on summer projects.

Senior's—Clothing

1st prize to Nancy Edmonds of Wakefield for excellent work on a two piece garbardine suit.

2nd. prize to Barbara Hood, Middleton, for a child's sun-suit and bonnet, which was well made and showed good proportion in the size of trimmings used.

Senior's—Foods or Other Projects

1st prize to Nancy Edmonds for a very successful victory garden. She planted, took entire care of it and canned much of the produce.

Two 2nd prizes—one to Rose Grasso, Lawrence and one to Constance Ormsby, Andover, who were cooks at Camp Leslie. They served meals to 85 to 100 persons for one month and did an excellent piece of work, overcoming many difficulties. They also wrote full and complete reports.

Junior's—Clothing

1st prize to Cynthia McAuley, Danvers, for a well made cotton dirndl.

2nd. prize to Helen McAuley, Danvers, for a two-piece cotton suit.

3rd. prize to Edyth Marsland, Methuen, for a cotton shirtmaker dress.

Honorable Mention to Priscilla Wright for a cotton dress.

Junior's—Foods or Other Projects

1st. prize to Eleanor Moore, Groveland, for a good job on an employed project, and for which she wrote a very good report.

These projects completed the work of the Junior year of the present Seniors and of the Freshman year for the present Juniors. The results showed that the girls had made good use of the instruction received during the school year.

C. P. X. TEST

On Monday October 18, the School participated in the first C. P. X. test of the school year. We were put on the alert by the school sirens, and those from neighboring institutions where the blue signal rang at 10:30.

On the red signal which blew at 10:50, the students fled from the various class rooms to the several air raid shelters on the school campus. Mr. Meigs air raid warden for the school checked the various shelters to see if all was well.

At the end of 10 minutes the sirens rang and all were allowed to return to their classes.

Alyce Twomey

SCHOOL CONSERVATION

Today more than any time in our past we are hearing about conservation. We hear about soil, food and clothing conservation and also about the conservation of many more products used in every day life. Many of these things we use each day in our class rooms, cafeterias and campus. To keep fit we must conserve our strength and yet do a good job, so in going about our duties we should use as few steps as possible.

In doing this we can conserve our energy, soles of our shoes, floor coverings and floor surface, then by not running around more than necessary our school rooms are more quiet.

We should think that when we conserve our school supplies we are helping the war effort, as many men and much material is needed to supply us with even our scratch pads we use, so we should use these properly, filling each side of the paper. Our pencils and erasers should be used as long as possible. Pens should be dried before putting away, ink should not be spilt or wasted. If we see unnecessary lights burning we should turn them off. Also dripping faucets should be turned completely off. If they still drip a janitor should be notified. In doing this we save much coal, electricity and man power at the electrical and water plants.

By paying close attention to our teachers and studies we can conserve our time and teachers' time so he can give more individual attention.

The last but not least before we reached or leave the school room, we can help the conservation problem by not being late at the bus stop and wasting precious gas while the bus waits for us, in doing this we will conserve the temper of the bus driver. In the future extreme conservation may not be necessary but we will have learned the habit of being thrifty and thrift makes wealth and contentment.

Mary Elizabeth Carey

CLUB MEETINGS

Only three clubs will be operating this year in the Agricultural Department, the Animal Club Poultry and the Horticulture Club. Two of these clubs met on October 27 and elected their officers for the year.

In the Horticulture club Mary E. Carey was elected president Vera Yonetz, vice president; Leo Hebert, secretary-treasurer; Clifford Gaudet, show manager; Leo Dubois and Gilman Whitman as assistant show managers. Program committee is composed of Leo DuBois, Gilman Martin and Joseph Dionne.

The Animal Club held a spirited election with William Peaslee president; Malcolm Noyes, vice president; Frederick Hall, secretary; and Coleman Lee as chairman of the program committee.

FOOD PRODUCTION IN RELATION TO OUR HOME FRONT

The first thing a person should consider is the importance of food. If for just one year the United States stopped producing food it would probably lose the war. Not only that, but sickness would increase and the death rate would increase. The food you have on your table comes either directly or indirectly from the soil. You can not press a button or mix a group of chemicals together and expect to get food. It has to be grown before it is put on the vegetable stands to be sold.

Because food is so important in this war, we should all try to conserve it as much as possible. Before any food is thrown away be sure it can not be used in some way. Think what the people of Greece and other European countries would give for just a bit of waste which we discard.

Another scarcity is the manpower to produce food. With such a shortage each one of us should raise our own vegetables if possible so large farms can send most of their products across on Lend-Lease and also for our own boys in the armed services.

Remedies that could stop this scarcity and give each one of us just the amount of vegetables we need is to have rationing of vegetables. Another remedy is to defer farm help. But neither of these remedies can do any good without cooperation of the people. If all the people who could possibly do so would cooperate in growing vegetables, rationing of vegetables would not probably be needed. The Victory Gardens of the nation helped out in 1943 and we shall need them again in 1944.

Leo J. Hebert Jr.

PROTECT YOUR POTS AND PANS

A visit to the Kitchen Ware department of any large store shows us the necessity of conserving our kitchen utensils for the duration. Stocks of available kitchen utensils are low, and substitute materials are replacing aluminum, stainless steel and tinware.

Caring for aluminum pans without the aid of steel wool or copper sponges is not a problem, if aluminum utensils are used with care.

Keep the gas flame low to conserve heat and prevent scorching. Use a paste made of whiting and vinegar to remove dark discoloration which often is due to strong soaps or to iron in the water.

If scorching occurs turn pan upside down over another pan containing water and steam for several hours. Burned material will be softened and can be loosened with a spatula. Never use a sharp knife for this will scratch the aluminum.

Enamel ware and glass should be handled carefully to prevent chipping. Never remove an enamel or glass utensil directly from the stove and place it in a cold wet sink or run cold water into it. Try to avoid scouring enamel and glass, for if the surface is roughened and scratched it will become difficult to care for.

CAPT. RAPARSARDI

Capt. Augustine J. Raparsardi of Lawrence, home on furlough from the South Pacific was morning assembly speaker to the Agricultural students recently.

Capt. Raparsardi spent fifteen months in the South Pacific and because of the outstanding work that he and the crew of his Flying Fortress he is wearing several medals. A Distinguished Flying Cross, Air Medal, two Group Citations, and two Gold Oak Leaves.

The Captain told the students and staff of his experiences when "returning from a mission we were without gas and had to bail out about three o'clock in the morning. We did not know whether we would come down on land or sea, because of the fog. Eight of the crew of ten were saved after being in the jungles of Australia for four days. This is the part of Australia known as the Bush country."

The Captain further said, "It was because of a higher power that we were saved. Every night we four grown men, who were together, would kneel in the jungle and pray that we would be saved, that the rescue party would find us. I believe it was a miracle wrought by God that the party found us and I am home."

The Captain also told of the battle of the Bismark Sea in which he took part. He is a friend of Instructor James Cole and Mr. Cole was instrumental in getting the Captain to come to the School.

We know that many of our own boys have had like experiences and when they are able to come home there will be a most cordial welcome awaiting them here at Essex Aggie.

ECHO CLUB NOTES

On Wednesday November 3, the Echo club officers for the school year 1943-44 were installed in a candlelight ceremony.

The new officers are Constance Ormsby, President; Dorothy Lawton, Vice President; Helen McAuley, Secretary; and Rose Grasso Treasurer.

At the same time Cynthia McAuley was installed as chairman of the Budget committee and Nancy Edmonds chairman of the Program committee.

Following the installation the Echo Club members pledged their loyalty to the club.

Evelyn Kent

Keep knives in a knife holder to protect blades from nicks. Don't allow knives to soak in water, because the handles will become loosened. Take good care of stainless steel, no more is available until after the war.

If you are using cannister sets, vegetable bins or wastebaskets made from fibre board, remember that they must be treated more gently than their metal predecessors.

Constance L. Maude

THE DRAFT AND AGRICULTURAL LABOR

Any experienced person working on an essential farm is entitled to deferment. Production of food is so vital that it is considered as necessary as service in the armed forces. No one should feel they lack patriotism in being deferred and anyone doing farm work today is more useful there than he would be in the army.

Who is eligible for deferment

In Massachusetts the standard by which productivity is measured is called a "unit". Sixteen units are required to secure deferment, for each man on a farm. No distinction is made between the owner and others nor allowance for special skill given. There is no limit to the number of men who can be deferred from any one farm as long as 16 units is produced by each of them. A man can secure deferment if he is working two farms as long as the production totals 16 units. Allowances are made in case of older men or those physically handicapped in totaling the number of men employed but except for this there are no exceptions in the requirement of 16 units for deferment.

What is a unit

A "Unit" is a means of measuring quickly the average production of a farm. It is based on the labor involved in production. The greater the labor necessary the more credit in units given. The keeping of one milking cow, 75 laying hens, the growing of an acre of vegetables or 10 acres of hay are all considered to have the value of one unit. While in a few cases this may not seem entirely fair on the whole it gives an overall picture of the farms production. There may also be some question as to whether a man can produce 16 units alone. It is a big task but the necessity is great and extra effort is demanded of all of us. The only answer that can be given is that this standard is being met universally.

How are deferments granted

When filling out a questionnaire for the Draft Board give the occupation as a farmer and claim deferment on that ground. The Draft Board asks the County War Board to investigate the claim and make a recommendation. This action is mandatory on their part. An actual visit to the farm is made from Hathorne, a record of the production taken and verified at the farm, together with the facts about age, marital status of the registrant and the number of persons employed on the farm. This gives a chance to justify the claim and be sure nothing is overlooked. These facts are reported to a committee who approve or deny the request. The Draft Board is then given our recommendation and generally approves it. If favorable action is not received there exists the right to appeal but this must be done within 10 days. In such a case you should get in touch with us at once so we can advise and assist if the case is deserving. Where no work exists in winter for men deferred, arrangements can be made by us to transfer them temporarily to other essential agricultural work, allowing

MORE FUEL FOODS

(Continued from page 2 col. 1)

Innumerable kinds of cereals are on the market. In general, however, they divide themselves into two groups, the white cereals and the dark or whole-grain cereals. Besides supplying us with energy-giving starch, the dark cereals give us also valuable minerals and vitamins and some of them contribute, also, fair amounts of protein.

Energy-giving foods supply us, also, with heat to keep our bodies warm. Certainly, this quality makes them rate high today, when families are compelled to heat their homes at lower than the comfort level. Lacking adequate oil or coal to supply us with customary peacetime warmth, we must protect ourselves by the consumption of more fuel foods to supply extra heat inside our bodies, while at the same time, we add extra protective coverings to the outside of the body, in the form of sweaters, wool dresses and warmer under-garments. These were the devices used by our great grandmothers in an era, when no central heating plants supplied the luxurious warmth to which we have become, so generally, accustomed. Steaming bowls of hot cereals for breakfast, lots of hot breads and cereal puddings heavy winter clothing, compensated them for the lack of furnaces to supply whole house with adequate warmth.

Today there is a very real danger of our lacking enough foods to support our activities. In planning our meals, let us give first consideration to the nine Basic Foods and then round out our day's food supply with the high energy foods: cereals in various forms, available fats and such sweets as may be at hand, used in moderation.

Energy value of foods are expressed in calories. An average adult needs 2100-2500 calories for sedentary work; 2500-3000 calories for moderate active work; 5000 calories for men doing hard manual work.

The Basic Foods supply the following amounts of calories.

Milk (½ pint)	170
Egg	70
Citrus Fruit or Tomato	100
Juice (½ c. orange or 1 c. tomato)	
Other fruit (1 serving)	100
Potato (1 average)	100
Vegetables (2 servings in addition to potato)	100
Bread (5 slices)	350
Cereal (whole grain one serving)	100
Meat or Fish (1 serving)	150
	1240

Bessie H. McJunkin
Instructor in Foods and Clothing

their return to you in the spring.

We are assuming that present methods of handling the draft will continue. No one need lose help from an essential farm to the army. Your employees should be shown that they are just as necessary in their present position as they would be in the Army. Be sure that exemption for farming is claimed,

CANNING REPORT CARDS

The 1943 Food Preservation program is about completed except for one thing-filling in and returning the report cards to the Home Demonstration Agent. Every homemaker who attended the food preservation meetings has received one of these cards. Some homemakers are not returning these cards because they feel the results may be turned over to local rationing boards and families deprived of ration points for purchasing similar products. This is a mistaken idea since these reports are only for the Extension Service.

The report card sent to homemakers is simply an attempt to ascertain the results of the efforts of the Extension Agents and the extent to which families were contacted and the amount of food preserved. This is the same report card that has been sent out for years by the Home Demonstration Agent before rationing was heard of.

If you have not already done so, fill in and RETURN your card immediately. A total of 260 canning meetings were held in Essex County. The total attendance was 6453 women representing 4779 different women. 16,283 canning bulletins were distributed. All this in preparation for a program that will be even more important another year.

Katherine M. Lawler

BEE EATS ITS WEIGHT

(Continued from page 1, col. 3)

The winter entrance blocks that came with the hives can be used if still solid and have not been chewed so that the entrances are enlarged. If such blocks are found unsatisfactory you can make better ones from solid strips of wooden plastering laths and tack to the front of the hives. But first cut from such strips of wood a winter entrance, slightly less than ¾ inch deep by 3 inches long. These will keep out the mice and at the same time be less likely to seal the bees in, in case of sleet, as the regular blocks do when they sometimes swell and fit so tight and the opening ices shut. When a board or lath is tacked on, it seems enough air filters in so that the bees never smother. The style and amount of tar paper wrapping may have a bearing on this.

Make sure that the hive foundations are solid and the hives have a slight tilt forward and not back. Level the hives from side to side. The pitch forward will be about right if the back is about an inch higher than the front. This will be sufficient to keep the bottoms dry and yet not enough to endanger the hives blowing over or falling over in case of any giving of the soil from freezing and thawing.

Crate staple or cleat hive covers to the top bodies so covers can not possibly blow off or run a wire or stout strings over the tops and under the hives to hold the covers in place.

that all the farm production is given when the check is made and that appeal is made if a mistake has occurred. We cannot get back those men who have gone but we can keep for you those you have.



4-H Club Notes



EGG LAYING CONTEST STARTS

On November 1st many Essex County 4-H Poultry members will start keeping accurate egg production records. Prizes will be awarded monthly to those who excel or have outstanding production. We are told that Egg Production in 1944 will be emphasized over the production of meat because of the feed shortage. It isn't too late for a 4-H boy or girl to enroll in this County Egg Laying Contest. Records should be kept on at least 10 laying hens and the Club Agent asks for regular monthly reports.

In 1942 and '43 from November through May complete records were kept by 49 Essex County 4-H members. Altogether they cared for 1503 laying hens with a total profit of \$3,269.93.

The average profit per bird in the Essex County 4-H Egg Laying Contest was \$2.17. Better enroll your 4-H member now in a profitable project. Let the young people earn their own spending money and learn how to care for poultry at the same time.

NATIONAL ACHIEVEMENT WEEK

National Achievement Week is being held November 6-14 throughout the County. Radio Broadcasts, newspaper stories Achievement Days all tell the story of 4-H club members everywhere doing their bit for their club, their community and their country.

The children did a fine job but we all owe a great deal to our leaders. A 4-H leader gives his or her time freely to help the 4-H club members. Yes, the leader is just as busy as you are but some way time is found to help the boys and girls.

The 4-H Leader spends hours with the neighbors' child with no thanks and no pay but the joy of planting some seeds in the fertile minds of youth with a hope that they will take root and tomorrow this 4-H member will be a better citizen and will have the courage and vision to take his place in this hurrying life.

Let's take time parents, 4-H members and others to thank the 4-H Leader! He Deserves It.

PRIZE WINNERS

In the last issue of this paper we said that the winners of the prizes given by the Massachusetts Society for Promoting Agriculture would be announced in this issue. As many of the clubs are holding their achievement Days so late in November and the checks are to be given out at that time the list will not be printed until December.

CONGRATULATIONS

The 4-H Canning Clubs are to be congratulated upon the splendid contribution which they have made to the war effort. The total number of jars canned to date by the girls in Essex County are 14,364, including vegetables, fruits, meat as well as vegetable and fruit products.

To the leaders I extend my many thanks for the cooperation which they have given in making these canning clubs such a great success.

Margaret M. Fitzpatrick
Asst. County Club Agent

NOW IS THE TIME

Now is the time to organize a club. All last year's 4-H clubs should be making plans for starting their 1944 program and projects. The Club Agents are willing and ready to lend any assistance which will help the 4-H club.

May be you know of a neighborhood group of young people who could benefit from belonging to a club. Let's look around and see that all interested rural young people have an opportunity to learn to do by doing the 4-H way.

CLUBS SAVE PAPER

Here is a chance to make some money individually or for your club and at the same time **HELP YOUR COUNTRY.**

Don't throw away newspapers, magazines and scrap paper. Lay it in neat piles and when you have enough sell it. Help is scarce now. Pulp in the north woods isn't being cut to keep up with our paper needs. Let us all pitch in and save paper. There are usually local places to sell the paper.

EXHIBITS

On September 22 the 4-H boys and girls of Haverhill under the leadership of Ernest Howard put on a fine exhibit of garden vegetables and canning. The exhibit was held in the basement of the Bradford Grange.

This exhibit was the largest 4-H exhibit in Essex County this fall. Over 500 jars of glistening glass told of the story of hot but profitable canning hours and a full cellar for the winter. Over 300 plates of garden vegetables were displayed. This exhibit was a real credit to the 4-H members of Haverhill and their leader.

Middleton

The 4-H Clubs of Middleton cooperated with the local Grange to make the Grange fair a success. Both gardening and canning clubs had a fine display. There were 14 plates of vegetables. The canned products gave a fine showing of the variety that the girls have canned, though they represented only a small portion of what has been actually done by the girls. Miss Annabelle Sylvester and Mrs. Gus Fischer are the leaders of the clubs in Middleton.

Merrimac

The Merrimac 4-H clubs held their exhibit in connection with the Merrimac Grange Fair. Three canning clubs led by Mrs. L. Foster powers, Mrs. Clifford Clark and Mrs. Clement Lockwood made a fine showing with a total of 69 jars. Prizes were awarded to the winners in each class. The Boys' Garden Club led by Mrs. Powers had a display of each 26 plates of vegetables. The members of these clubs are planning to have an achievement night this month when they will receive awards for completing a project. Some of the clubs will continue during the winter with new projects.

A LOOK FORWARD

Now that all 4-H club members are in the routine of school they are looking forward to another year of club work. With the products of the gardening and canning clubs stored away in the cellar for the winter, it is time to turn our efforts toward our winter projects. Any group of girls who is interested in forming a Clothing Club, Foods club, Homefurnishing or Homecraft, or Child care, contact the Assistant County Club Agent immediately so that we may get an early start on the project work. The boys should contact the County Club Agent for any assistance which they need.

4-H FARM LABORERS

Many 4-H members throughout Essex County have been working on farms this summer. Many have taken the place of a man. This assistance is very valuable whether it is on the home farm or on a neighbors. Dependable farm help is not plentiful, so keep on doing your part, you are releasing a fighting man for the front.

4-H members who have worked at least 200 hours on the farm are eligible to get 4-H club credit. Get a signed statement from your employer saying you have put in so many hours, send it to your club agent and you will receive your award.

MR. WILLIAM MUNSON, JR., 1000
EXHIBITION TERRACE
MASS.
AMH

Essex Farmer and Homemaker

VOL. 25

HATHORNE, MASS. DECEMBER, 1943

NO. 12

Entered as a second-class matter, May 28, 1919, at the Post Office at Hathorne, Mass., under the Acts of August 24, 1912.

Graduation at

Essex Aggie

Graduation was held Tuesday, November 23 at the Essex County Agricultural School with 36 in the graduating class. The program opened with Salute to the Flag and the singing of the Star Spangled Banner. Invocation was given by Rev. Paul S. McElroy minister of the Maple Street Congregational Church, Danvers.

Three student essays were given by Leona Fregeau of Marblehead on "Why I am studying Home Economics"; F. Paul Kent of Lawrence on "Training for Cow Test Work" and Priscilla Glines of Andover on "My Three Summers in Horticulture".

Mary E. Lovely of Haverhill, vice-president of the class presented the class gift which was an addition to the sidewalk on campus with their numerals embedded in the cement and a \$50 War Bond to be held on deposit until such a time as a suitable memorial is placed at the school in memory of the boys and girls serving in World War II. Albert Miles of Lynn president of the Class of 1944 accepted the gift of the Class of 1943.

Director Harold A. Mostrom presented the prizes to the following: the Abraham Krasker English medals to Leona Fregeau of Marblehead for excellence in English and Leona is furthering her Studies at Nason College; F. Paul Kent of Lawrence was awarded the Krasker medal in the Agricultural department. Paul is Cow Tester in Middlesex and Worcester Counties.

The Alumni Association prizes for greatest improvement in Academic work went to Grace Marshall of Peabody and Hervey Croteau of Andover. Hervey was awarded another prize given in memory of Roger Wheaton ex-1936.

Announcement of the Balfour awards which are keys and their names engraved on plaques which hang in the two departments went to Mary E. Lovely of Haverhill and vice president of her class who is now an assistant to the dietitian at the Allerton hospital in Brookline. The Agricultural student who received this award was Priscilla Glines of Andover, who is now employed at Breck's in Boston.

The address to the graduating class was given by Howard W. Ferrin, President of the Providence Bible Institute. Mr. Ferrin took for his subject "Keep the Home Front". Melville G. Grey a member of the alumni and president of the Board of Trustees presented the diplomas. Mrs. N. Woodbury Bragdon was the musical director and the student body sang two songs, "To Thee O Country" and "Prayer of Thanksgiving".

New Year's Greetings

A Happy New Year to all the men and women from Essex Aggie who are serving in the Armed Forces of our Country!

This is the most cordial greeting from the staff of the School to the hundreds of graduates and former students that goes with this issue of the Farmer and Homemaker to everyone whom we have on our lists as being in our Country's Service.

The Honor Roll which accompanies this issue was made up as correctly as our information permitted, but already since its publication we have had to add fifty or more names to it. These corrections you will find published in the regular columns of this issue. As prepared for Graduation Day on November 23, the Service Flag had the number 382. We hope we have accounted for all who are actually in the service, but are anxious to know of any which have not been brought to our attention as yet.

We trust that this published list will be of interest to all in the service and a help to them in keeping in touch with each other. The School will be glad to act as a clearing house for addresses to be forwarded on request if all will help us by keeping us supplied with the most up-to-date mailing addresses.

We trust that the little Christmas greeting card with its reminder of Essex Aggie reached everyone for whom it was intended.

What will 1944 bring to pass? We are hoping that the end of the war and Victory may be in sight, at least, if not actually accomplished. We hope that it will have its compensations for everyone who is doing the work on the fighting front as well as for those who are fighting on the home front to produce an adequate supply of food.

After all, perhaps we should all be reminded that true happiness does not depend entirely on outward circumstance. There can be many happy things in this new year in spite of the war, and we at the School are hoping everyone connected with Essex Aggie may have those experiences in 1944 which will make it a happy year for them.

Harold A. Mostrom

Save Metal Jar Caps

Save all metal jar tops this winter. the War Food Administration advises housewives. Wartime scarcities make every jar and lid valuable either for canning or keeping food. Many one-piece screw tops on jars of coffee, pickles, peanut butter and mayonnaise should be saved for next year's canning. Other lids and jars, not suitable for canning, can be useful for jelly or marmalade, refrigerator dishes, or dry foods. For future convenience save each jar with its lid on.

Especially worth saving are the small metal screw caps that may come on coffee and other food jars known as "size 63". More commercial food products are being put up in "63" jars, because the small opening means a saving of metal, rubber and glass. Most coffee jars are now coming on the market with paper caps, but these jars can be used for canning if you have saved the covers from similar jars. This applies to the commercial covers.

In canning, the screw caps are put over metal discs which fit the top of the jar and have a rubber-like compound on one side. A few caps are enough to put many jars into canning service, if each jar is equipped with a disc. When the jar cools after canning, the cap may be unscrewed and used again, leaving the disc sealed on the jar. The War Food Administration and the War Production Board are arranging for a supply of "63" discs for next year's canning. New discs must be used each time a jar is used.

Katherine M. Lawler
County Home Demonstration Agent

FARM CHECKING AND MATERIALS

Those farmers enrolled in the Conservation Program who have not as yet reported their soil building practices carried out in 1943, and enrolled for 1944 should do so at once. Requests for lime and superphosphate are being grouped into carload quantities for shipment to the most convenient freight sidings. Approximately 35 cars of lime have already been received in the county under the 1944 Program.

Credit and cash payment can be made only to those farmers who contact and report soil building practices carried out.

If you still wish to receive this paper and you have not sent in your slip please do so immediately or your name will be dropped on January 1, 1944.

Editor

THOSE ORANGE SLIPS

Have you sent in your orange slip for renewal of your subscription to the Farmer and Homemaker? All subscribers who have been on our mailing list for two years or more were sent an orange colored slip with their October issue of this paper.

Essex Farmer and Homemaker

HATHORNE, MASS.

Published monthly by the Trustees of
the Essex County Agricultural School

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CONTAINERS NO LONGER KINDLING

Kindling wood for a good many families has been come by in much the same way that the makings for hash used to be—"it just accumulates." But the same war conditions that make hash a treat to be planned for, should also bring about sharp and conscious reform in the kindling supply in many families, say the War Food Administration.

Crates, boxes, baskets, hampers, and cases should be "out" as kindling wood if they are in condition good enough for re-use, and if local dealers are able to make arrangements either for returning them to original users or for turning them over to local food growers to use as shipping containers. There is a shortage of wood and labor for the manufacture of new containers, and the war has increased the demands. WFA has arranged with dealers, railroads, supply firms, and producers, to make special efforts for recovery and concentration of these supplies and for special rates to get them back from consuming areas to producing areas. There isn't the labor to spare or the lumber to spare for making new containers if old ones can make added trips. They should not go to the kindling pile until they are no longer usable.

Use and re-use of fiber board cartons for taking food home from the markets is another way by which the food shopper can reduce by a little the load on the under-manned pulp and paper supply business. These are examples of the trifles which amount to imposing totals when saving ways are willingly adopted by millions of families, says WFA.

SUGGESTED BUTTER

"STRETCHERS"

A few months ago homemakers were unable to obtain their usual amount of butter, now they are limited in the quantity they can purchase because of the number of ration points required for each pound.

Do you know ways of "stretching" your scanty supply of butter? The following suggestions may help:

1. Soften (do not melt) equal amounts of butter and margarine, thoroughly blend them, pack into a covered dish and place in the refrigerator.

2. Milk "stretchers", add 1 cup top milk slowly to $\frac{1}{2}$ lb. softened butter. Beat in at first with a wooden spoon, and then with rotary egg beater. Pack in covered dish and store in refrigerator until ready to use.

3. Gelatin Butter. $\frac{1}{2}$ tablespoon plain gelatin, 1 cup top milk, $\frac{1}{2}$ lb. softened butter. Soak gelatin in 1 tablespoon of the milk, then place over hot water to soften. Add to rest of milk and beat into softened (not melted) butter using an electric beater or rotary egg beater. Pack in covered dish and place in refrigerator.

There are many kinds of fruit butters such as apple, pear, plum, prune, that may be made and these also will "stretch" the butter supply when used on toast or muffins for breakfast.

Have you ever made either of the following butters?

Apple and Tomato Butter

- 5 c. chopped apples
- 2 $\frac{1}{2}$ c. raw tomatoes or 2 c. cooked tomato, pulp and juice
- 1 c. finely cut orange peel
- 1 to 1 $\frac{1}{2}$ c. sugar
- 1, 2 inch stick cinnamon
- 1 Tbsp. vinegar
- $\frac{1}{2}$ c. orange juice

Scrub the apples with a brush taking care to remove all spraying residue. Trim away the spoiled parts, the blossom, and the stem, but do not pare or core the apples; cut them in small pieces. Put them into a pan that already contains the cut raw tomatoes or the cooked tomatoes. Squeeze the orange and set the juice aside, cut the peel into thin strips and add it to the apple and tomato. One or 2 tablespoons of water may be added if necessary. Cover the mixture and cook it slowly for 15—20 minutes or until fruit is soft; stir it occasionally to keep it from scorching. Rub the mixture through a sieve, then add to it the sugar, cinnamon and vinegar. Cook the mixture rapidly until it is thick and clear (about 15 minutes); stir it frequently. When a teaspoonful dropped on a cold plate remains in a definitely rounded heap, add the orange juice and one teaspoon of grated rind if desired.

Bring the mixture to a boil and continue to cook it for 5 minutes. Pour boiling-hot fruit butter into hot containers. Completely seal them at once or cover them with hot paraffin.

(Continued on page 3, col. 2)

CHRISTMAS GREENS MEETINGS

Four Christmas Greens meetings will be held in Essex County. During the morning session Mr. Arnold M. Davis, Assistant Extension Horticulturist of Massachusetts State College will demonstrate the making of wreaths, centerpieces, table decorations, place card holders, mantle decorations, swags, and corsages. A workshop will be held during the afternoon session at which those attending may make any of the above under the direction of Mr. Davis. Those who plan to work should bring with them any kind of greens, shears, (pruning shears if available) ball of string, red berries, cones, tacks, hammer, 2 or 3 pieces of wax paper, block of wood 1" thick, 3" or 4" square (need not be exact.)

Christmas decorations will be more important than ever this year for in many communities they will take the place of Christmas lighting.

Bring a basket lunch and plan to spend the day with us for one of the following meetings:

Manchester — December 7, 1943

Marblehead — Hobbs Community Hall
December 8, 1943

Peabody — K. of C. Hall
December 9, 1943

Haverhill — December 10, 1943

All meetings will be held from 10:30 A. M. to 3 P. M.

Katherine M. Lawler

County Home Demonstration Agent

FARM MACHINERY REPAIR CLASSES

Classes in the repair of motorized and non-motorized farm equipment will be conducted in January and February in the school shops. These classes will come Monday and Tuesday evenings from seven to ten o'clock, and are open to men and women from farm or non-farm homes who have farm equipment to be repaired or who could profit by instruction in the repair of equipment.

These classes are scheduled to start Monday, January 4, but their actual commencement will depend on the number of enrollments received prior to that time. All who are interested should send in requests for enrollment sometime before December 20.

If the demand warrants and facilities are available, it is quite possible that classes in farm machinery repair may also be held in Methuen and Georgetown. Inquiries and applications for enrollment in these areas for classes in these communities would be welcomed at the school as evidence of the need for holding such units in addition to those to be conducted on the school campus.

Address all inquiries or applications to the Director at Hathorne.

SUPPLEMENT

Essex Farmer and Homemaker

SCHOOL NOTES

DECEMBER, 1943

COOPERATIVE BUYING AND SELLING

The cooperative buying and selling committee met and organized and planned work for the year. The committee will give the students the opportunity to buy seeds cooperatively at a discount. They are debating as to whether or not the roadside stand should be operated in 1944. At any rate they intend to give the stand a coat of paint and keep it in condition.

Special Note

All students interested in buying creosote cooperatively at a discount should apply to the Cooperative Buying and Selling Committee at once. If enough orders can be obtained we will purchase a 50 gal. barrel at wholesale price.

Gilman Whitman

AWARDED OLD ENGLISH "E"

The following students have been awarded the Old English "E" for their participation during the year 1942-43 in student activities. Sidney Barlow of Lawrence; Lenley Henshaw, of Salem; F. Paul Kent, of Lawrence; Leo J. Hebert, of Saugus; Coleman Lee of Groveland.

Mary Elizabeth Carey of North Andover was awarded a star as she had been awarded a letter the previous year and Priscilla Glines of Andover was awarded a second star as she had been awarded a letter and star previously.

BONDS AND STAMPS

Our first committee meeting was held on Wednesday November 17 in Mr. Perkins' room, our advisor.

We held our election and the following were elected, chairman John Merrill, vice chairman, Joseph Bruni, secretary, Joseph Dionne.

After the elections we started to work on our year's budget. We decided to continue selling war bonds and stamps and it was voted that we should sell only 25 cent stamps. It was voted to appropriate \$2.00 to purchase hat and coat checks to be used in the check room on Farmers' and Homemakers' Day.

Joseph Dionne

ALUMNI NOTES

Olga Maklae ex-'44 was married October 17, to George F. Cassell S M 1/C, United States Navy.

Dianna Olds, '43 is employed in defense work in Detroit. Her address is as follows, 13014 Camden Avenue, Detroit, Michigan.

Elaine Kennedy, '42 has returned to the Homemaking Department as Assistant Housekeeper.

During the past few weeks many of our boys who are in the service and have been home on furlough have visited Essex Aggie. Among them were Eugene Burr, Harold Kelly, Raymond Chalifour, Emile St. Pierre, Louis Rosi, Christos Mpelkas, and we have heard that Stanley Bickford is in this country at present is in Virginia and that "Woody" Walker who was in the South Pacific with Bickford is due for a furlough very soon. Albert Greenaway stopped in, he has been in Greenland for a long time but his next station is to be in the Southern California desert.

Ralph Hanners '21 is now in the Canal Zone where a new section is being opened up and he is doing landscape gardening. He has been there a year and a half. Recently his wife and daughter joined him there. They flew from Boston to Balboa. Ralph's address is Ancon, Box 1373 Canal Zone.

Ralph Wilkins and Mrs. Wilkins (Virginia Wade) both of the Class of 1941 have a son born early in November.

GIFT OF BOOKS

Albert E. Curtis, Emergency Farm Labor Assistant, and a former student at Essex Aggie has given several gifts to the School Library. They are two volumes of "Pheasants; their lives and homes" by William Beebe; "Discovery" by Richard E. Byrd; "We want a farm" by M. G. Kains; "Country living, plus and minus", by Ch. M. Wilson; "Farming for security", by William B. Duryee; and two volumes of "Hunting wild life with camera and flashlight" by George Shiras.

STATE F. F. A. OFFICERS

Essex Chapter of the Future Farmers of America has been honored by having two of its members elected as officers of the State Chapter. Edward J. Lynch Jr., of Lawrence is 1st vice president and Leo J. Hebert Jr., of Saugus is treasurer.

PUBLIC SPEAKING AND PUBLICATIONS

A meeting of the public speaking and publications committee was held on November 17 in room 35.

We discussed the holding of a public speaking contest and decided to hold one if we could get three or more students to take part.

After discussion we voted to give the extra curriculum letters and stars to those eligible for the year 1943-44 and that F.F.A. pins to be awarded those who qualify.

We also voted to place F.F.A. emblems on sale at cost, also a special emblem to be obtained through magazine subscriptions.

Arthur W. Bohnwagner

HONOR ROLL

The honor roll for the first term in the Agricultural Department is as follows: **Seniors**, Coleman Lee, Groveland; Clifford Gaudet, Andover; Mary Elizabeth Carey, North Andover; **Juniors**: Leo J. Hebert Jr., Saugus and Gilman Whitman, Danvers; **2X Division**: Andrew Stahre, Gloucester; Donald Henderson, Andover; John Beckwith, Salisbury; and Everett Garbart of Everett; **Freshmen**: Ralph Robbins, North Reading; George Staples, Salisbury; Robert MacLaren, Malden; Terry Foster, Saugus; Howard Bradstreet, Topsfield and Herbert Moore, Groveland.

PLUM PUDDING

This recipe has been a favorite in our family for four generations. Inasmuch as our minds turn to the thoughts of plum pudding as the time approaches for planning the Christmas dinner, this recipe may be enjoyed by others also.

2 loaves of bread
4 qts. of milk
1 lb. raisin (seedless)
½ lb. brown sugar
1 teasp. nutmeg
½ teasp. cinnamon
½ teasp. salt
4 eggs

Remove crusts and cube the bread. Soak in 2 quarts of milk over night. In the morning add raisins, sugar, spices, add unbeaten eggs and stir. Bake in a slow oven (325°) until a silver knife inserted comes out clean.

Maureen O'Leary

SCIENCE ASSEMBLY

The 19th Science Exposition was held at Essex Aggie on November 12, and closed with the usual assembly. Coleman Lee, president of the Essex Chapter, Future Farmers of America, presided. Miss Lucy Hartman presided at the piano and gave a solo. "Soldiers of the Soil" was the movie shown and the awards for outstanding work and exhibits were awarded by Director Harold A. Mostrom. These went to: Leo J. Hebert Jr. of Saugus the Sweepstakes prize for the best exhibit in the Show. This was a book "Fundamentals of Soil Science".

The Best Exhibit in the field of Horticulture went to Gilman Whitman of Danvers a year's subscription to "Horticulture". Best in the field of Animal Husbandry to Ernest Cochrane of Lawrence, a year's subscription to "Hoard's Dairyman". Best exhibition in 2K division a wood board done by Eugene Ellsworth of Reading, his award was a book "Knowing your trees". Best Freshman exhibit on trapping by William Cyr of North Andover one year's subscription to "Fur, Fish and Game".

The Sears and Roebuck awards were also presented. These are given each year for "Scientific Attitude and Method on Project". First award went to Leo J. Hebert Jr., of Saugus a Junior and the award was "The Garden Encyclopedia". Second to a Senior, Chesley Mears of Essex "Successful Poultry Management"; third to Gilman Whitman a Junior a book "Fertilizers and Crop Production".

ARMISTICE DAY ASSEMBLY

In observance of Armistice Day a joint assembly was held the afternoon of November 10. The students of both departments gathered outside the Agricultural Building around the four stones that are memorials to the four students of the Agricultural Department who died in World War I. New flags were placed on the stones by Rose Grasso, Coleman Lee and William Peasley.

The assembly then continued in the main hall with saluting of the flag and the singing of the Star Spangled Banner. A moving picture called "Letter from Libya" was shown. It told of the American Field Service in action. One of the boys in the first part of the picture was Ian Forman, son of Instructor Kenneth Forman.

The Governor's Proclamation for Armistice Day was read by Clifford Gaudet. Mary Elizabeth Carey of the Agricultural Department read an original essay entitled "Lest We Forget". Mildred Sapienza of the Homemaking Department read the selection "Unknown". Constance Ormsby read two selections "Patriotism" and "What Americans Believe In". The assembly closed with the singing of the school song.

Nancy Edmands

CONSERVATION OF THE SOILS IN ESSEX COUNTY

Due to the hilly nature of Essex County farms and the type of farming that is carried on here we have to employ many simple conservation practices. By simple conservation practices I mean the ones the farmer himself can do without the aid of a technician.

Some of these are as follows: selection of type of farming, crop rotation, cover crops, cross slope culture and field stripping.

Examples of selection of type of farming are: not to try to make a truck garden farm out of a hilly dairy farm, or planting orchards where the slope would be better for a pasture or even a woodlot.

Rotation of crops is one of the simple measures of conservation that every good farmer is now carrying out. By rotation we mean one year into a garden or a clean cultivated crop and for the next two years or longer into grasses and clovers. This will help stop erosion and build up the soil.

Winter cover crops for gardens and plowed up land is a very good and simple practice. This will stop erosion and dust storms. These may be plowed under in the spring to help enrich the soil or could be for green feed for the cattle. Rye and wheat are the two most used in Essex County. Do not plant a cover crop later than October 15.

Cross slope culture is one of the things that Essex County farmers are doing. They plow and plant across the slope rather than running the rows up and down the hill. This will help stop erosion and also hold the water back for the crops.

Field stripping is a good practice if carried out on steep slopes. The strips are on contour, that is, they run across the slope. Each strip is about 70 to 100 feet wide depending on how steep the slope is. Corn, vegetables, potatoes or tobacco may be planted on one strip and on the next strip is grass, clover or alfalfa.

Progressive farmers use these simple methods to conserve soil on the hilly farms of Essex County.

Coleman Lee

A PATRIOTIC GESTURE

This is a story about two boys who were eating their appetizing dinner in the cafeteria when they thought they would be funny and pass a plate around. They each put in a few pennies and passed the plate on. When the plate came back behold they had seventy-five pennies. Do you think they spent it foolishly? No Sir. They went immediately over to Mr. Yale and took out a War Savings Book in the name of Essex Chapter, Future Farmers of America. They now have around ten dollars in savings stamps.

Leo J. Hebert Jr.

ANNUAL MEETING OF THE ALUMNI

About 130 members and friends of the Essex Aggie Alumni enjoyed a turkey dinner on the evening of Graduation. Winslow Dunnells president of the Alumni Association was toastmaster. Greetings were brought by Director Harold A. Mostrom, Melville G. Grey, president of the Board of Trustees and two of the first teachers of the school Lathrop Davenport of Grafton and Walter Coggsall and Miss Nichols.

Director Mostrom announced that he had been requested by Lester Friend of Danvers and Clifton to present a \$50 war bond to Edwin Wentworth of Lynn and of the Class of 1940 for his outstanding work as manager of Mr. Friend's farm Tri-Knoll. Mr. Friend wished to publicly thank Edwin.

At the annual business meeting they voted to give Camp Leslie a gift of \$75.

The new officers of the association are Franklin Barlow of Methuen, president; Mildred Russell, of Danvers and Edward Lynch of Lawrence, vice presidents and William Abbott, Hathorne, secretary-treasurer.

LIST OF GRADUATES

Amesbury: Elizabeth Frizbee; Andover: Marion Peatman, Hervey Croteau, Priscilla Glines, Donald Hill; Beverly: Jane Barber; Gloucester: Ralph Marshall; Haverhill: Mary E. Lovely; Lawrence: May Duckett, Margaret Purcell, Gilbert Fournier, F. Paul Kent; Lynn: Henrietta Booth, *Edward Moran; Marblehead: Leona Fregeau; Methuen: Carolyn Archambault, Diana Olds, Marilyn Ostler, Franklin Leon and *Raymond Barlow; Middleton: Theresa Campbell; North Andover: Claire Gillespie; Peabody: Virginia Ayles, Miriam Fitchuk, Grace Marshall, Guido Germano; Rowley: William Herrick, William Mehaffey, *Bernard McCormick; Salem: Carol Wendell; Salisbury: Florence Bartlett; Saugus: Flora Quinn; Topsfield: George Wilmot; Wenham: Gladys Robertson; Everett: *Joseph T. Roche; Fairhaven: Jean T. Burke.

*In the Armed Services

ECHO CLUB

On Monday, November 22, each home room elected representatives to serve on the Budget and Program committees.

The Budget committee members are Cynthia McAuley, chairman; Helen McAuley, Helen Towne, Ruth Potts, Claire Conlon, and Barbara Hood.

The Program committee members are: Nancy Edmands, chairman; Hilda Gaudet, Eleanor Champoux, Polly Little, Sophie Abucewicz and Norma Marsland.

ADDITIONS TO THE SERVICE HONOR ROLL

Since the Honor Roll was printed last month we have had many names sent to us of our alumni who are in the service. The following additions bring the total up to 405. If you know of any one whose name should be on our list please send it in and if you have an up-to-date address please send it to us.

At present we have 266 correct addresses and have mailed a Christmas greeting to those and we are sending them this issue of the Farmer and Homemaker and are including a copy of the Honor Roll.

B

Bachelor, John
Bacheller, Wesley M.
Ball, Kendall M.
Batchelder, Albert
Batchelder, Sidney
Bezanson, James Harold
Blake, Earl
Boucher, Alfred
Brown, E. Gertrude
Bubier, Paul
Medical Discharge
Burbeck, Eleanor Irene

C

Chabot, Robert E. Jr.
Cobb, Eugene M.
Colanton, Francis William
Cook, A. Edward
Crossley, Edmund

D

Davis, Carolyn Elizabeth
Dearborn, Lauren
Dederian, Thomas
DiLisio, Nicholas

E

Edmunds, John
Eldridge, Ralph T. Jr.

F

Flynn, William
Frederick, Albert
Freedman, Saul
Frye, Ellsworth W.

H

Harrington, Richard Parker
Henshaw, Lenley M.
Hills, Lester
Hills, Rodney
Hilton, Esmond W.

K

Kelley, Donald L.
Knott, David H. Jr.
Kulakowski, Arthur J.

L

Lasonde, Chanel
Lynch, John Malachi

M

Magee, Donald B.
McCormick, Bernard
McGlew, Winfield
Milnes, William Everett Jr.
Morse, Winston
Medical Discharge

BUTTER "STRETCHERS"

(Continued from page 2 col. 2)

Prune Butter

Wash, soak, and cook 1 lb. of prunes in a small amount of water until they are soft. Stone and press the pulp through a colander. Measure the pulp and add ½ as much sugar and 1 tablespoon of vinegar. Cook until a teaspoonful dropped on a cold plate remains in a rounded heap. Stir occasionally taking care that it does not scorch. Pour the boiling mixture in hot containers and seal. If you desire one inch stick cinnamon may be cooked with the prunes and removed before pressing through the colander.

Other ways to save or "stretch" butter are:

1. Add butter to hot vegetables after they are in the serving dish or on the plate. Then none will be lost in the saucepan.

2. Use margarine, bacon fat or salad oils instead of butter to season the vegetables.

3. Cut the butter pats smaller so none will be wasted.

4. If you are making sandwiches for school children or defense worker, soften the butter to make it spread more easily and go farther.

5. Cream the butter with evaporated milk and then add your chopped meat and vegetables or other filling to make tasty sandwich spreads.

Ethel M. Moore
Ed. Manager Homemaking Dept.

N

Nickerson, Harold S.
Nugent, James F.

P

Pepper, Ralph G.
Phillips, John J.

R

Reed, Frederick H.
Reilly, James
Rennie, David
Riette, Joseph G. Jr.
Roche, Joseph T.
Rodden, Henry Joseph

S

Sanborn, Charles R.
Silva, Chester
Spencer, John Vincent
Medical Discharge
Spurling, Kenneth T.
Spurling, Robert E.

T

Turcotte, Henry
Turner, Raymond

W

Wallace, John E.
Ward, John Joseph
Waters, Grace F.
Wegzyn, John
Whitten, Norman E.
Wojtnik, John

Y

Yeaton, Ralph

GARDEN CHAT

Topped or cut off carrots are not inferior to bunched carrots from the West. In fact they are crisper and contain, as a rule, a higher percentage of sugar than the shipped in bunched carrots.

It has been found that 50% more water of the bunched carrots shipped to our Eastern Markets was lost as compared to the cut-offs. They wilted and dried faster than the topped carrots because the leaves and stems drew moisture out of the roots.

Another very important factor this year, these tops of carrots take considerable space and freight space is short and needed for essential war products. If 15% of carrot space can be saved for some other essential product now is the time to conserve and to use this space for food and other necessities. In other words, when you buy carrots buy the cut carrots and do not pay for 15% of waste which would be in the tops of bunched carrots.

The local crop of cut carrots has been fair and when you purchase cut off carrots in the stores you will be helping our local farmers. In order for the local farmers to store carrots for winter distribution the tops are removed to conserve on space and to enable them to keep longer. The use of cut off carrots now should encourage the future of the local market gardeners' carrot business.

C. M. Stearns

1944 VICTORY GARDENS

Victory Gardens in 1944 will have to be bigger and better than they were in 1943. A county wide meeting with some of the State Leaders will be held here at Essex Aggie sometime in December. The exact date will be publicized in the newspapers. Plan to come and help make the plans for bumper crops in Essex County this next season.

DAIRY FEED PAYMENTS

Twenty-three meetings were held by A. A. A. Community Committeemen throughout the county during the last two weeks of November so that dairy farmers might conveniently present their evidence of milk produced and sold during the month of October, and apply for the Government Dairy Feed Payment. Payments totaling several thousand dollars have been made from the County A.A.A. office. The rate of payment was 50¢ per cwt. for milk, and 6¢ per lb. for butterfat content in cream or butter.

Only one payment will be made on the milk produced and sold during the months of November and December. Evidence of production and sale during these two months should be kept, and presented at meetings that will be held during January.



4-H Club Notes



PRIZE WINNERS

The Massachusetts Society for the promotion of Agriculture has given \$150.00 to the boys and girls in various 4-H clubs in the county. The following young people are the fortunate ones:

Dairy

- 1st prize, Everett Jewett, Ipswich \$15.00
2nd prize, William Marshall Jr., Georgetown, \$5.00
2nd prize, Robert Hicks, Wenham \$5.00

Swine

- 1st prize, J. Warren Chadwick, Boxford, \$15.00
2nd prize, Donald Lambert, Methuen, \$12.00
3rd prize, David E. Tribou, Gloucester, \$10.00
4th prize, Patrick Eisan, Saugus, \$8.00
5th prizes Robert Sanborn, Salisbury, \$5.00
Burton K. Reynolds, Salisbury, \$5.00
Charles Lane, Gloucester, \$5.00

Poultry

- 1st prize, Harold Coleman, Gloucester, \$15.00
2nd prize, Leslie Tinkham, Danvers, \$12.00
3rd prize, Virginia Bennett, Danvers, \$10.00
4th prize, Lyman Beggart, Saugus, \$8.00
5th prizes, John H. Bevilacqua, Gloucester, \$5.00, John L. Robblee, Salisbury, \$5.00, John Caskin, Danvers, \$5.00, George Singer, Ipswich, \$5.00

SEARS ROEBUCK WINNERS

The Sears Roebuck Co., gave silver medals to the following Essex County 4-H club members for their work in the Sears Roebuck Garden Contest.

1st place, to Dwight L. Killam of Boxford. He also won one of the eight \$25.00 bonds awarded in the state on his excellent garden.

- 2nd place, Sally B. Lunt, Ipswich
3rd place, Anthony Corrao, Gloucester
4th place, Murray Hervey, Haverhill

SAFETY CONTEST WINNERS

Elaine Adams of Ipswich won a \$25 bond as one of two second place winners in the Safety Contest in the State. Not only did Elaine excel in the safety contest but she has turned in an excellent record and done an outstanding job with her purebred Polled Hereford Beef Project. At present "Ferdinand" the steer weighs 850 pounds. Our hats are off to you Elaine.

CAMP LESLIE

At a recent meeting of the Directors of Camp Leslie it was reported that a great deal had been accomplished at the camp this past year. The 4-H members operated the camp for four weeks between July 5 and August 1. There were a total of 274 campers accommodated during that time. Some were not 4-H members.

The North Shore Council of Boy Scouts had the camp for the next four weeks and 284 attended including their staff. We see from these figures that over 500 Essex County boys and girls were accommodated at Camp Leslie. Over 400 people attended private parties at the camp such as church picnics.

Many improvements have been made at the camp, 30 new mattresses were bought, a new First Aid building was erected. This building has two rooms, one of which was used by the Camp Director's family. This building was erected by the volunteer help of the Camp Trustees.

Another improvement was the purchase of a gas stove which burns Fuel-lite Gas. Plans are underway to try and have a gas water heater next season and possibly some new beds. A large cesspool was built this summer and the well was repaired.

At the Directors' meeting it was voted to pay another \$100 on the camp mortgage thus reducing it to \$900.

Camp Leslie is the largest 4-H Camp in the state and has made a real reputation for itself over the short period of its History. It is a character and morale builder for the youth who attend as well as doing a great deal for the health of the young people.

4-H Camp Leslie of You We are Proud.

\$25 WAR BOND WINNERS

Everett G. Jewett of Ipswich besides winning \$15, award by the Society for promotion of Agriculture, has won a \$25 bond, as one of the eight State winners in the Dairy Production Contest. The awards in this contest are provided by the Kraft Cheese.

Boyd Berrett of Saugus won a \$25 bond in the National Victory Achievement contest which takes into account the 4-H club record as well as outside activities which aid the war effort.

CLUB NEWS

The "Early Birds" of East Lynn, led by Miss Allene Dozier have organized their club with 5 members enrolled. They are going to carry on a handicraft project. Plans are being made for their Christmas party, to which they have decided that each member will bring one friend, and thereby extend the 4-H spirit to a larger circle.

The "S.O.S." Club of Danvers, under the leadership of Mrs. Byron Colby have planned their yearly program for their clothing project. This club plans to sew for the Red Cross as part of their Community service. Phoebe Smith was chosen president at their last meeting.

The "Stitch in Time" clothing club, also led by Mrs. Byron Colby of Danvers has organized their schedule for the year. After making an inventory of their wardrobe they decided what was necessary to add to their wardrobe which they could make. This club goes to the Red Cross Center one night each week to roll bandages as their part of Community Service.

The Haverhill Girls Club is carrying on two foods clubs under the leadership of Miss Clara Pitts and Mrs. Dorothy Jackson. Both clubs are carrying on the breakfast program. The "Busy Bees" chose their name with the roll call.

In Georgetown, Mrs. Elizabeth Merrill's "Sunshine Girls" have reorganized with Barbara Heathcock as president of the club. Mrs. Bertha Heathcock is acting as assistant leader.

The West Parish 4-H club of West Gloucester hold their regular meetings at the Grange Hall under the leadership of Mrs. James Benham. Clothing has been chosen as their project for the coming year.

Mrs. Gus Fisher's "Greeneretts" of Middleton have reorganized as a clothing club for the coming year. Doris Fisher is president of the club.

The Gangapose Club of Saugus led by Mrs. Charlotte Bedell is making sample stitches for their notebooks before deciding what program they will follow. Can you figure out the source of the club name?

The "Flying Needle" club of Saugus is making dummies under the direction of Mrs. Gladys Suffretti. They are also making stuffed toys for the Children's Hospital as their community service.

West Boxford's "Eight Little Taylors" led by Mrs. Leon Jordan are making little stuffed chairs for the P. T. A. to be sold at their coming sale. They have put aside their other sewing problems to donate their time to this work in benefiting their local organization.

Essex Farmer and Homemaker

VOL. 26

HATHORNE, MASS. JANUARY, 1944

NO. 1

Entered as a second-class matter, May 28, 1919, at the Post Office at Hathorne, Mass., under the Acts of August 24, 1912.

Timber Sale Problems

Farmers having standing timber for sale should carefully consider every detail before selling. The prices being offered in many cases for stumpage are too low and fail to return to the woodland owner a reasonable share of the price of sawed lumber. The present ceiling price of air dried square edged white pine on sticks in the mill yard is \$41.00 per thousand board feet.

Farmers can realize the greatest returns from their woodlands by cutting their own logs and have them sawed at a local mill. The lumber can be hauled back to the farm to be seasoned and then used by the owner for maintenance or new construction.

A comparison of retail and standing timber prices will clearly reveal how many board feet on the stump would have to be sold to pay for one at a retail yard.

Timber will be harder to obtain this coming year than it was in 1943. The surest way to insure a supply for farm needs is to cut it from the farm woodlot.

If timber is to be sold from the farm woodlot it is best where possible for the farmer to do his own logging. In this way the small immature trees can be protected and the cutting can be done under a selection system. The woodlot should be considered as the source of an annual crop the same as the crop land. Standing timber is like money in the savings bank. Every year it earns interest. If only the interest is withdrawn the principal remains unimpaired.

When standing timber is sold to an operator for a lump sum it is usually cut clean. This system like withdrawing the principal from the bank stops the annual income.

Ezra I. Shaw
County Farm Forester

SCHOOL AND COUNTY DIRECTORY

Last year we were requested to publish a directory of the various School, Extension and Commodity Groups in Essex County. Once again we are printing on page two this directory which has grown considerably in one year because of the war and more services to the farmers of the county.

We hope that you will post this in some convenient place and when you require the services of some commodity or war group you will know just who is the person to contact.

Living Conditions for Farm Help

In placing permanent farm labor, where a married man is desired, the most difficult problem to settle is that of a satisfactory house or apartment. At present houses cannot be built, but farmers who use help regularly should be thinking about what they intend to do on this subject when the time comes. The type of man secured and the length of time he stays depends just as much on the house you provide as it does on wages or hours.

The cost of fixing up a place that will meet today's living standards is not small. It is just as necessary as the other modern equipment such as tractors, electric milk coolers and other expensive equipment that in the end pay for themselves. The cost of labor turnover is just as high on the farm as in industry, even if it is not so readily seen. Prevention is still the best way and especially now when men are almost impossible to obtain. In our work we frequently find the unspoken reason why it is necessary to find a new man for a farm (or none will accept the opening) is the objection of the wife to the house she must live in.

Because of this we suggest that you look at your own situation now and consider it from the viewpoint of the man living in it. Would it suit you and your wife for a home? If not, it is usually possible to improve the conditions without too great cost. Your people are entitled to reasonable comfort and conveniences and you will be well repaid. While this is true at all times it is more important under today's conditions than usual. This article is written with the thought of the married man in mind. To those of you having single men it applies in every way and is just as important.

We at the Essex County Agricultural School will be glad to help out anyone who has an individual problem and wishes our assistance.

Albert E. Curtis
Emergency Farm Labor Assistant

NEW SLAUGHTERING BULLETIN

A new bulletin "Smokehouses and Hog Slaughtering Equipment" is now available in the County A.A.A. office. A copy will be mailed on request.

Colds

It is most important at this time of the year to do everything possible to keep from developing colds throughout the winter. It is said that colds are responsible for more sickness and a greater loss of time from work and school than is any other one ailment. It is necessary that every individual should make an effort to build up the body's resistance by sound dietary and other hygienic rules.

If a cold develops it is wise to go to bed immediately and get as much rest as possible. It is necessary to drink plenty of water, take fruit juices and to eat lightly. If you have a fever with the cold consult your physician. In carrying out the treatment mentioned you will keep from spreading colds and there will be less danger of the complications common to the neglected cold such as influenza, bronchitis, and pneumonia.

There are many contagious diseases that are spread by people who think they only have a cold as other symptoms do not develop until later. It is also dangerous for the long continued cold may cause chronic infection of the nose, throat or ears and has often led to tuberculosis.

This year why not make one of your New Year's Resolutions to have a physical examination if you have not already had one?

Dorothy Leavitt, R.N.

1943 FARM REPORTS

Essex County farmers who have not as yet reported soil building practices carried out under the 1943 Conservation Program should do so at once. Delivery slips showing lime and superphosphate purchased from dealers should be presented as evidence. If a potato or truck crop goal was set for the farm, the acreages of such crops planted in 1943 should be reported. Payment for such compliance cannot be made unless such a report is made and signed by the farmer.

Enrollment under the 1944 Conservation Program may still be made, and orders for Ground Limestone and Superphosphate may be placed. This may be done by contacting community committeemen or the County Agricultural Conservation Office, room 34 of the Essex County Agricultural School, Hathorne.

Essex Farmer and Homemaker

HATHORNE, MASS.

Published monthly by the Trustees of
the Essex County Agricultural School

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WATCH YOUR GARBAGE PAIL

Conservation of Food must not get to be just a phrase, it must be a reality in every home. We must not be careless about what gets into our garbage pails. Think twice before throwing anything away.

What are some of the possibilities for saving of Food? "It is the little things in life that count", and it is the small wastes that accumulate into serious losses. You of course know that the leaves of any plant are its most important part, are you conserving them properly? Do you eat the nice tender white celery and then throw away the leaves and outside stalks as useless? In preparation for salads dice the whole stalk, leaves and all. For soups, stews and casseroles the outside coarse stalks and greener leaves are excellent. And speaking of celery, it is excellent served in combination with carrots or peas, plain or creamed. But however you serve it be sure to use all of it. Outside leaves of other vegetables are too valuable for our garbage pail.

Perhaps shred the coarser leaves of your lettuce and mix with the salad, then serve with an inside better looking leaf as a garnish. Do see to it that your family eats the leafy part of the salad. If they absolutely refuse to do not serve it to them but don't let it find its way into the garbage pail.

(Continued on page 2, col. 3)
(Of the Supplement.)

SUPPLEMENT

Essex Farmer and Homemaker

SCHOOL NOTES

JANUARY, 1944

CHRISTMAS ACTIVITIES IN THE HOMEMAKING DEPARTMENT

For several weeks previous to the Christmas vacation the Homemaking Department was humming with activities pertaining to the season. In the clothing classes the freshmen made gift articles using applique decoration. Some girls made luncheon sets, others towels, others pot holders, aprons, children's bibs, pillow-cases or runners. Some of the juniors made stuffed animals while others made most attractive aprons, both of which made lovely Christmas gifts.

Because of wartime conditions, candy lessons in the foods classes were limited to one lesson when rice crispies and molasses kisses were made, as these required less sugar than most candies.

In the art classes the freshmen enjoyed painting common weeds transforming them into attractive winter bouquets, and each junior, in the handcraft classes, painted pine cones and tied them with raffia to form a charm chain to hang on the front door of her home for the Christmas season. The classes in Home Decoration completed their project of new curtains for the student cafeteria and hung them up in time for the Christmas party on December 17.

Mrs. Maude was busy with her cast of girls practising for the play given as part of the entertainment for the Christmas party, and last but not least, the foods classes were very busily engaged the last few days before vacation in preparation for the Christmas luncheon served to the entire student body, faculty and staff of the school on December 17.

F.F.A. WORKING COMMITTEES

Six sub-committees of the Essex Chapter F.F.A. have been organized with the following advisors and chairmen: Chapter Service, Mr. Perkins, advisor, John Merrill, chairman; Fairs and Exhibits, Mr. Gallant, advisor, Clifford Gaudet, chairman; Cooperative Buying and Selling, Mr. Dacey, advisor, Gilman Whitman, chairman; Recreation and Athletics, Mr. Couhig, advisor, Malcolm Noyes, chairman; Sales Booth and Concessions, Mr. Wright, advisor, Leo DuBois, chairman; Public Speaking, Mr. Gifford, advisor, Mary E. Carey, chairman.

Clifford Gaudet

CHRISTMAS PARTY

A Christmas party was held at Essex Aggie on Friday, December 17, for the staff, and students. The foods department served dinner to nearly 200. The faculty dining room, student cafeteria and Mrs. Clapp's room was used so that every one connected with Essex Aggie was able to sit down to dinner. The tables were decorated with Christmas greens and candles. The decorations were done by the Floriculture club.

Following the dinner all adjourned to the assembly hall in the main building and enjoyed carol singing and two short plays.

The girls from the Homemaking department presented "Twas the Night Before Christmas" (A war time version), with Constance Ormsby, Mildred Sapienza, Hilda Gaudet, and Rita Toomey taking part. The play was announced by Rose Grasso, president of the Echo Club.

Some of those on the honor roll for the first term in the Agricultural department presented a short skit entitled "On the Aggie Bus." Mary Carey was the announcer, Clifford Gaudet, Coleman Lee, Gilman Whitman, John Beckwith, Andrew Stahre, George Staples, Ralph Robbins, Terry Foster, Robert MacLaren and Howard Bradstreet were the occupants of the bus.

Baron Fryer of the freshman class played several clarinet solos accompanied on the piano by Miss Lucy Hartman of the Office staff.

Dancing was enjoyed with Harold Phinney of Andover conducting.

Clifford Gaudet

DIRECTOR MOSTROM, GUEST SPEAKER

On Thursday, December 9, Director Mostrom was the speaker at the morning assembly in the Homemaking Department.

Director Mostrom told the girls of a memorandum prepared by Lieutenant William Farrow, one of the men who took part in the Tokio raid, and was taken prisoner.

While still a student, with aviation as his goal, Lieut. Farrow analyzed his weaknesses and decided what he must do if he were to correct them.

Some of the weaknesses Lieut. Farrow found in himself were:

- Lack of seriousness of purpose
- Lack of thoroughness and application
- Softness in driving myself
- Lack of clear-cut, decisive thinking
- Lack of self confidence
- Some of the things which Lieut. Farrow decided he must do:
- Stay in glowing health
- Work hard on each day's lessons
- Stay close to God, do His Will and Commandments
- Do not waste energy or time in fruitless pursuits
- Fear nothing
- Concentrate! chose the task to be done

In conclusion Director Mostrom suggested that with the New Year at hand we each analyze ourselves with a view to determining our goals in life and overcoming our weaknesses that stand in the way of attaining our goals.

CHRISTMAS DECORATIONS SHOW

The annual Christmas Decorations Show was held December 15 and 16 at the School. Gilman Whitman of Danvers was awarded the sweepstakes prize for the best exhibit in the show. First prizes went to Vera Yonetz, Peabody; Glenn Currier, Middleton; Mary Elizabeth Carey, North Andover; Gilman Whitman; Jack Merrill, Wenham; Robert Longley, Peabody; Warren Heath, Wenham; Leo J. Hebert, Jr., Saugus; Priscilla Wright, West Newbury; Clifford Gaudet, Hilda Gaudet, Andover; Anna Marie O'Sullivan, Lawrence.

The judges were Archie Adamson, head gardener at the Danvers State Hospital, Mrs. Bessie Buxton, Peabody and Mrs. Charles Haddrell of Clifton.

Mary Elizabeth Carey was manager of the show and Clifford Gaudet clerk.

ECHO CLUB NOTES

The Budget committee has just completed the annual membership drive. The Budget committee members are responsible for the sale of ice cream in the Student Cafeteria. Proceeds go to the club treasury. Sale of Defense Stamps twice a week is another Budget committee project.

The Program committee put on a little skit for the school Christmas party. The committee is also planning programs for future meetings including a Patriotic Assembly for February and several movies.

Edyth Marsland

WOMEN'S COUNCIL

(Continued from page 3 col. 3)
in turn a part of the State and of the National Demonstration Council.

A meeting of the State Home Demonstration Council was held at Massachusetts State College in Amherst and was attended by the following members of the local group:

Mrs. Raymond Trefry, Marblehead
Mrs. Myron Wood, Groveland
Mrs. Hubert Boyle, Middleton
Mrs. Frank Carson, Salem
Mrs. William Keith, Topsfield
Mrs. Herman Balentine, Topsfield
Mrs. Carl Richardson, Swampscott
Mrs. H. B. Keifer, Andover
Mrs. Walter Dean, Lawrence
Mrs. Charles O'Connor, Lynn
Mrs. Arthur Leach, Wenham
Miss Lawler and Mrs. McIntire,

Home Demonstration Agents

Mr. Willard Munson, Director of Extension Service discussed with the group "What's Ahead for Extension Service."

A report of the National Meeting held in Chicago the previous week was given by Miss Dorothy Franz of Holyoke. Report of the 1943 Food Production and Preservation Program was given by Mr. William R. Cole and Food Outlook by Mr. George Westcott both of Massachusetts State College. The day's program was brought to a close with the entire group of 80 entertained at tea by President and Mrs. Baker. The following are the officers of the State Council:

President—Mrs. Theodore Parsons, Southampton

First vice president—Mrs. E. Severance Sawyer, Berkshire County

Second vice president—Mrs. Harold Rowe, Springfield

Secretary and Treasurer—Mrs. William Begley, Plymouth County

Following the State Council Meeting a meeting of the Essex County Women's Advisory Council was held the following week. The group discussed the responsibilities of council members and decided on the following:

1. Attend Council Meetings. Notify Home Demonstration Agent.

(a) If unable to attend send an alternate to be selected from the Town Committee.

2. Organize local committee with Home Demonstration Agent.

3. Interpret Extension Service to the community.

(a) Interpret resources of Essex County Agricultural School.

4. Attend local meetings—report to the council.

Report of the Essex County Home Food Production program was given by Director Mostrom. Program planning and "Food Fights for Freedom" program were discussed by Mrs. Herr. Report of State Home Demonstration Council meeting in Amherst given by Mrs. O'Connor, Lynn and a report of the home management program was given by Mrs. Trefry of Marblehead.

Mrs. Marion Lyndon of the O.P.A. office in Boston gave an excellent talk on "Price Control as a Wartime Measure."

Mrs. James Benham of Gloucester acted as secretary in the absence of the regular secretary Mrs. Myron Wood of Groveland. The other local officers are:

SENIOR CLASS OFFICERS

The senior class held their annual election of officers on November 8, in the assembly hall of the Homemaking Building. Those elected to hold office are: President, Albert Miles of Lynn; Vice President, Maureen O'Leary, Peabody; Secretary, Sophie Abuciewicz of Lawrence; and Treasurer, Colman Lee of Groveland.

Barbara Hood

F.F.A. MEETING IN WORCESTER

At a meeting held on December 9, delegates were elected to attend the State Future Farmers of America meeting to be held in Worcester during the latter part of January. Coleman Lee, president of the Essex Chapter, Clifford Gaudet, the chapter's reporter and Leo DuBois, representative of the senior class are the delegates.

Vera Yonetz

WHAT I HAVE LEARNED ABOUT HARVESTING APPLES

Picking apples is a very important job. You should know how to pick apples before you go about it. The way to pick them is to bend them up with a slight twist and off they come. If you break off the bud and leaves you are breaking next year's apple off the tree. You must not drop the fruit into the picking basket. You must place it in gently or else you will bruise the apple and it will not be good for storage.

Another thing you should do is pick the drops under the tree, if not you will step all over them and crush the apples. You should not mix drops with hand picked ones. You should put the drops in a bushel basket and the hand picked ones in a standard apple box or crate.

Grading apples is another necessary job. First set the grader so that apples will go into separate trays according to size. You must not let the apples drop into the boxes to bruise them.

When apples are stacked in the fields, the boxes should not be too full. Many apples are bruised by stacking one box on another. If we take these precautions we will have a good grade of apples.

James Fitzgerald

Chairman—Mrs. Raymond Trefry, Marblehead

Vice Chairman—Mrs. Gustaf Erickson, Danvers

Those attending the local meeting were:

Mrs. Trefry
Mrs. Erickson
Mrs. B. P. Currier, Buxford
Mrs. Hubert Boyle, Middleton
Mrs. James Benham, Gloucester
Mrs. Mary Floyd, Manchester
Mrs. Walter Dean, Lawrence
Mrs. Charles O'Connor, Lynn
Mrs. Arthur Leach, Wenham
Mrs. Sherman Jones, Essex
Mrs. Annette T. Herr, State Home Demonstration Leader of Massachusetts State College

The next meeting of the Women's Advisory Council will be held at the Essex County Agricultural School on Wednesday, January 19, 1944.

GARBAGE PAIL

(Continued from page 2 col. 3)

In many cases it is up to the server to help save food. Serve smaller amounts and seconds if desired but it is really a crime to have food left on plates now-a-days.

Do tip your soup plate is the rule now. Get every bit that is served to you. Also use your bread to help get the lost bit of gravy or sauce on your plate. Don't forget gravy on bread saves on butter! Do pick up your grapefruit or orange and squeeze out the last drop of juice because it must not be wasted.

"Consumer Guide" printed in Washington says we need to be more careful than we have been about saving bits of fats. They estimate that only half of the available waste fat is finding its way to the government for making gun powder. When we realize that our one pound of waste fat will make enough glycerine to fire 10 rounds from a 50 calibre airplane cannon, can we let any of it be wasted? This paper continues by saying that a slice of bread a week per family means a million loaves wasted a year, and we so glibly throw away the heels on dried pieces or carelessly let it mold or burn!

Dry these left over slices, heels or crusts and then grind them and use them for crumbs in stuffing or scalloped dishes. Remember well seasoned stuffing costs very little and makes your meat go so much further. Bake it on top of chops or fish, put it in the hole where the bone was removed from a boned roast. There are many uses for it, except in a chicken. Bread pudding with its many variations is a most nutritious dessert.

The liquid saved from your can of fruit or vegetable and the water in which you cook them fresh is much too valuable to be discarded. When your meat recipe, loaf, stew, casserole, soup, or gravy, says use water please use the water from your vegetables. It gives much added flavor as well as food value. The fruit juices are excellent in dessert such as gelatines, tapiocas, custards and many others.

Plan well and think carefully before anything is dropped into the garbage pail. The waste in this country is appalling and we must stop it. Everyone of us can and must do something definite about it and do it now.

Ruth Emerson
Foods Department

MAGAZINE SUBSCRIPTION

The Public Speaking committee is soliciting subscriptions to the Breeders' Gazette and the American Poultry Journal. If twelve subscriptions are obtained to either of these magazines a large emblem of F.F.A. will be presented to the Essex Chapter as an award. Students interested in subscribing to these magazines should see Arthur Bohnwagner Jr., of the IIIA Division. All subscriptions must be in by January 21.

Arthur W. Bohnwagner

THE INCREASING POPULARITY OF SEWING

Did you know that sewing is increasing in popularity? The ready made clothes on the market at higher prices but of inferior quality are chiefly responsible for this trend. Many women are sewing who have never sewed before and are finding it a mental relaxation and an outlet for their creative ability.

Scarcity and inferior quality of material have made renovation, the art that our grandmothers practiced so diligently, come into the foreground again. Do you know what hidden opportunities there are today for re-making those old suits and dresses now hanging in your closet? A remodeling campaign planned carefully and carried through to a successful finish, can stretch your clothing budget beyond expectation.

What a feeling of satisfaction you will have in making something old look like something new.

Don't discard anything made of material still in good condition. Put your thinking cap on and start remodeling. When you have decided upon the dresses to be remade, you will have a wide choice of make over ideas from which to choose. Very often the commercial pattern books will suggest all the re-styling tricks you will need.

I am sure that time and effort put into such work will bring you such a feeling of pride and virtue that you will want to continue.

Abbie L. Clapp
Clothing Instructor

There are two new Mass. Extension leaflets entitled "Use Your Pattern and Reuse It" Leaflet No. 223 (Sept. 1943) and "Accessories are easy to Make" Leaflet No. 228 (Nov. 1943). These are free for the asking to residents of Massachusetts. Address the Mailing Room, Mass. State College, Amherst, Mass.—Ed. Note.

PURITAN NATIONAL FARM LOAN ASSOCIATION

The Puritan National Farm Loan Association, which is the local representative of the Federal Land Bank, held their annual meeting recently at the Essex County Agricultural School. Homer Rowell of Groveland was elected President and Perley Jordan of the Essex County Co-Op., Topsfield was elected Secretary-Treasurer with the following as Directors: Ralph Woodworth, West Newbury; George Kimball, Haverhill; Daniel Connors, Danvers; Roger Lewis, Andover.

Because of transportation difficulties at the present time anyone from the northern end of the county wishing to apply for a loan may obtain their application blanks from Roger Lewis while those from Southern Essex should contact Mr. Jordan at Topsfield.

DAIRY FEED PAYMENTS

Twenty-three meetings were held by A.A.A. committeemen during the last two weeks of November for the convenience of dairy farmers in presenting their evidence of milk produced and sold during the month of October and applying for the Dairy Feed payment. 412 Essex County farmers received a total of \$19,940. Payment was made at the rate of 50¢ per cwt. for whole milk, and 6¢ per lb. for the butter content in cream.

Only one payment will be made on milk produced and sold during the two months, November and December. Meetings will be held during the last two weeks of January throughout the county for the convenience of farmers, and they will be notified of the places and time.

COMING EVENTS

January 13. There will be an evening meeting in the main assembly hall for all interested in 1944 Victory Gardens and Food Preservation. Prof. William R. Cole of the Mass. State College Staff will be present to outline the goals and plans for 1944. All city and town chairmen and members of their committees are urged to attend. Watch your newspapers for further details.

January 15. Boston Market Gardeners will hold their mid-winter meeting at Essex Aggie with a catered dinner at noon and program in afternoon.

January 19. The Essex County Dairy Herd Improvement Association will hold their annual dinner and meeting at the School with Middlesex County members joining. Prof. S. D. Johnson, New York State Veterinary College at Cornell University, New York will be the guest speaker. Prof. Johnson is an authority on Mastitis and all will want to hear him. Dinner will be at 7 P. M.

January 24. The Essex County War Board and all those who have been active in the various phases of this important work during 1943 will attend a dinner and dance at the School. Dinner will be served at 7 P. M. and music will be furnished by Gene's Melody Boys.

February 2. The 10th anniversary meeting of the Merrimac Production Credit Association will be held in two parts. Those living in and around Sudbury, Mass. will meet on Tuesday, February 1, in the Sudbury Town Hall. Those in this section of the state will meet here at Essex Aggie on Wednesday, February 2. Ten Year Members and the Incorporators will be Special Guests.

March 15. The Annual Farmers' and Homemakers' Day will be held here at the School. More information in later issues of this paper.

GARDEN CHAT

Heavy infestation of late blight and ring rot have shown up on many carloads of shipped in table stock potatoes. Many potatoes have been stored locally to relieve the tremendous pressure in Maine and to aid in the orderly distribution and marketing of the crop.

Both of these diseases will reinfect our next year's crops if precautions are not taken. Any such infested stock should be destroyed outright. Do not throw onto a compost pile. Storage buildings and rooms should be disinfected with Copper Sulfate or formaldehyde to destroy these harmful spores.

Maintain proper storage conditions for the keeping of potatoes, carrots, apples and the like. A temperature around 38-42° F., is best. Humid atmosphere should be maintained for all crops in storage except onions and squash and they should be kept on the dry side. Ventilate the storage room or cellar on every mild day.

Now is the time to be looking over your tools and equipment for any necessary repairs or replacements. Replace broken handles, sharpen hoe blades and grease any moving parts.

From all sources comes the word that farmers and Victory Gardeners should be looking out for their supply of fungicides and insecticides for 1944. War Food Administrations and Agricultural Associations warn us that the situation as far as supplies are concerned is likely to be worse in 1944 due to increase, shortages of labor, containers and transportation facilities. Hence, get your orders in early and then after you receive the deliveries store in a dry floored weather proof building. The same heed applies to seed, fertilizers and new tools and machinery.

Victory Gardeners

Communities showing enough interest and desire to hold a few discussion groups on problems of the Victory Garden may contact the Essex County Agricultural School for such assistance. Such meetings might include the following problems:

1. Locating and planting the Victory Garden.
2. Factors affecting plant growth and plant food.
3. Varieties of vegetables, seeding, transplanting and thinning.
4. Cultivating and cultural practices.
5. Insects and diseases and their controls.
6. Harvesting and storage of crops.

C. M. Stearns

ESSEX COUNTY WOMEN'S ADVISORY COUNCIL

The County Women's Advisory Council is made up of a representative of each town and city in Essex County. This group meets every other month with the home demonstration agents and a representative of Massachusetts State College to discuss and plan programs of interest to local groups. This group is

(Continued on page 2, col. 1)
(Of the Supplement.)



4-H Club Notes



GOVERNOR'S STATE-WIDE RECREATION CONFERENCE

The following local 4-H leaders represented Essex County 4-H clubs at the Recreational Conference in Boston on December 9th.

Mrs. Margaret Webber, Swampscott
Mr. Robert Anderson, Gloucester
Mrs. Byron Colby, Hathorne

Others may have been present. I believe these leaders will agree that out of this conference comes the need for the organization of more local community and town committees for the planning of recreation for all.

From a youth standpoint, during this period when parents are so occupied with various forms of war work, we should do our best as 4-H leaders to keep youth busy, either on 4-H projects or on various forms of recreation. The youth section of the conference seemed to feel that too many youth organizations carry on various forms of recreation as they see it and what is really needed is a town wide get-together of the various organizations with some overall planning. Several towns in the state have made great progress along the lines of planned recreation for all. It is hoped that all 4-H leaders will cooperate in anyway possible with any such overall planning in the towns on recreation. There is adequate printed material available from the County and State Extension Offices for any recreational planning which you may have in mind. Let's keep our young people occupied.

The Essex County 4-H Service Club met on November 20th. Over 30 members of the service club are now in the services of their country. At this meeting a farewell was said to the ex-president Frederick Usher who is entering the Naval Air Service. Officers were elected for the coming year and were as follows:

President — Esther Usher, Danvers
Secretary — Eleanor Thurston, Lynn
Treasurer — Inez Biondini, Beverly
William Hayman, 4-H member, of

North Andover enjoyed a trip to the National Junior Vegetable Growers' meeting in Chicago and was one of the three 4-H members who judged vegetables on the Massachusetts 4-H team. This trip was on December 8th, 9th and 10th.

4-H NIGHT AT DANVERS GRANGE

Twenty-two 4-H girls of Danvers participated in the 4-H night program of the Danvers Grange on December 7th, under the leadership of Mrs. Byron Colby, club leader. The program consisted of group singing led by Betty Grimes; a model club meeting conducted by Marguerite Fossa; and solos by Dorothy Bourne. These girls are all members of

SAUGUS FORMS 4-H TOWN COMMITTEE

The local 4-H leaders of Saugus organized a town committee to further the interests of 4-H work in that town. One of the worthwhile projects which this committee will carry out is to offer prizes to the 4-H members in each project who excels during the coming year. First prize will be full expenses to 4-H Camp Leslie for one week; second prize, ½ expenses and third prize will be \$2.00 toward Camp expenses. Score cards have been worked out by the county office and will be used in making the selections.

This committee has had some stationery printed and is doing real progressive work with the 4-H members.

A town 4-H committee can be very helpful in 4-H work in any town. They can locate 4-H leaders, organize various 4-H town events, such as exhibits, achievement days and in short do a great deal to forward 4-H clubs in the town. The club agents are willing to cooperate in helping to organize these committees.

The town of Ipswich has recently formed a 4-H committee and will function this coming year. They planned their local exhibit and also their achievement day, both of which were a success.

GOALS FOR 1944

As 1943 has drawn to a close we are all looking forward to another year of 4-H club work in 1944 to excell the all-time high of the year past. 4-H club members and leaders, you have done some wonderful club work during the months gone by and we all know how much more will have to be done by those on the home front in the months to come. You will be looked upon for assistance in the Food Production and Preservation program which will be carried on even more extensively this year.

The number of Massachusetts 4-H garden club members should reach 7,000 in 1944, an increase of 700 over 1943, whereas the number of jars canned by club members in 1944 should reach 350,000 over 310,000 in 1943.

It's up to us to do our part, so let's start planning now.

Margaret M. Fitzpatrick
Assistant County Club Agent

the Stitch in Time club of Hathorne. The program was concluded by the showing of slides about 4-H club activities in Essex County by Margaret Fitzpatrick, Assistant County Club Agent.

AROUND THE COUNTY WITH THE 4-H CLUBS

The Lone Tree 4-H club of Amesbury led by Mrs. Nichols has recently organized. They are making Christmas center pieces, scrap books on nature, making wreaths for Christmas and plan to have a Christmas party. In the summer month this club will carry on gardening as a project.

The Red Rooster 4-H Club of Saugus led by Paul Corson is starting its 11th year of 4-H work. Plans are being made to exhibit at the Boston Poultry Show and the Worcester 4-H Egg Show.

The Handicraft Club of West Boxford led by Miss Sylvia Koski have organized for another year and have been busy making book ends, magazine stands and other useful articles.

Six 4-H poultry clubs have organized in Haverhill under the leadership of Mr. Ernest Howard, supervisor of agriculture, with over 100 members enrolled. The club agent has met with each club and discussed the conserving of feed and culling the flock.

The Can-ga-po-se club of Saugus has had several meetings. The name is derived from the projects carried on by the girls in this club. They are canning, gardening, poultry and sewing. This club has been active in planning a dance for Saugus 4-H members.

The Leslie 4-H Agricultural Club of Georgetown, led by Mr. Richard Fitzpatrick held a meeting on Fitting Animals for the Show Ring. Egg production was also taken up at the meeting and how to improve it.

The Lynnfield Center 4-H Poultry club led by Mr. Melvin Sher had a demonstration on killing and dressing poultry. Officers were elected at this meeting.

The Red Rooster Junior Club of Saugus led by Mr. Paul Corson had a demonstration on candling and grading eggs. The members of the club hope to exhibit some eggs at the Worcester 4-H egg show. Mr. Earle Nodine from the State College gave the demonstration. The club is raising money for its treasury.

The Batt's Hill 4-H Club of Salisbury led by Mr. Victor Stevens discussed the killing of pigs at their meeting. Plans were also made for a Christmas party.

The West Gloucester 4-H clubs led by Robert Anderson and Mrs. James Benham held an Achievement Banquet with an attendance of 60. A fine meal was served with the club members and local people cooperating on furnishing the food. The girls made the favors and decorated the hall and the boys helped with the meal and washed the dishes. This event was very worthwhile and was well attended by parents.

Byron E. Colby
County Club Agent

Essex Farmer and Homemaker

VOL. 26

HATHORNE, MASS. FEBRUARY, 1944

NO. 2

Entered as a second-class matter, May 28, 1919, at the Post Office at Hathorne, Mass., under the Acts of August 24, 1912.

Prevention of Accidents

Farm work is one of the most hazardous of all occupations. Whether a farmer carries protective insurance or not, he should make every effort to reduce the risk of possible accidents. We suggest some means herewith for reducing these.

1. Instructing help in ways to avoid accidents. This is particularly important in connection with green or inexperienced help. In addition to making a friendly approach in introducing a new worker to his job, he should be given definite instruction. Minutes or even hours spent in this way with a new worker may mean many dollars to a farmer in return for his patience at the breaking-in time. Don't stop short of actually demonstrating to a new worker exactly how a job should be done. It is often times not enough to tell him that he is to do such and such a job; this may be a satisfactory way of handling a skilled worker but is by no means sufficient for green help.

2. Provide safe working conditions for the help. Make repairs as needed to machinery and equipment. See that these repairs are made during the winter time, and that all tools, etc., are in good working condition, especially where a condition of the tool or equipment could be considered as contributing to an accident. Remove all possible hazards in so far as this is possible; protective railing in high mows or on stairways, broken steps, bad flooring, and many others which will occur to the farmer who gives some winter-time meditation to his farm set-up.

3. Set a good example by practicing personal safety at all times and caution the help to do likewise.

4. Do not assign minors to hazardous jobs. While it may be necessary to ask very young or very old workers to do work that you would not ordinarily expect of them in normal times, yet one must always bear in mind that there are limits even in war-time to the type of work that can be assigned to these types of workers.

Let the whole atmosphere of the farm be one in which all realize that one of the worst hazards to maximum crop production will be carelessness as far as rules of safety are concerned.

REGISTER NOW

Mrs. Mary M. McIntire, Evening Practical Arts Supervisor is receiving registrations now for the Clothing Classes which will begin in March. Mrs. Katherine Batchelor of Marblehead is the

Farmers' and Homemakers' Day March 15, 1944

The 30th annual Farmers' and Homemakers' Day will be held here at the School all day and evening on Wednesday, March 15.

Plans are getting well formulated for the day. Louis A. Webster, Acting Commissioner of Agriculture will be the morning speaker.

In the afternoon there will be sectional meetings and the trade show as well as the educational exhibits to be enjoyed.

A new venture this year will be a meeting in the evening. This is being planned especially for the Victory Gardeners. Many of these people are employed during the day, so a meeting in the evening with Paul Dempsey of the Waltham Field Station as one of the speakers, is being planned. This meeting will not be confined to Victory Gardeners, anyone who wishes to attend will be most welcome and if there are those who wish to stay over from the afternoon meetings, they will be most welcome.

A caterer will be on the grounds during the day so that those who do not bring a box lunch may get sandwiches and coffee.

A more detailed account of the program will be in the March issue, and information will be in your local newspapers from time to time.

"BETTER GARDENS AND MORE OF THEM FOR 1944"

This is the slogan of the State and County Victory Garden Committee this year. Essex County Victory Gardens should be stepped up in quality and numbers in 1944 to help meet the requested increase needs of food. Plans are underway in each community to aid in this program. Let the Essex Agricultural School help you.

instructor and the classes are held Tuesday, Wednesday and Thursday evenings in the Homemaking Building of the Essex County Agricultural School.

Anyone interested in the Cooking Classes held here at the School under the direction of Miss Esther Belair on Tuesday or Thursday evenings may register at any meeting.

Protective Insurance

Should every farmer carry protective insurance? Most farmers have long since said "Yes" to this question as far as fire protection is concerned. Many are now considering it in connection with the hiring of labor. The extent to which most farmers are having to depend upon unskilled, or overage, or underage help makes it a most important question to give thought to during the winter months.

In 1943 the Farm Labor Committee of the County War Board studied various forms of available insurance. Some of the available types are listed herewith, with some comments as to their protective features.

1. Workmen's Compensation. This form of insurance is the best all-round protection since it affords coverage to the worker for doctor's bills and lost time after the first week, and protects the farmer-employer against clearance. There is no minimum age limit. The principal objection to it may be in the comparatively high minimum premium. This premium varied in 1943 from \$28.00 for market gardeners with no livestock to \$39.00 for general farmers having a payroll of approximately \$1000.00 annually. Additional payroll costs were \$1.59 per hundred dollars for market gardeners and \$2.67 per hundred for general farmers. There is a limit of \$5000.00 for one person, but no limit as to the number of persons.

(Continued on page 2, col. 2)

MRS. HERR RETIRES

Announcement has been made by the Director of the Extension Service at Amherst of the retirement from the service of Mrs. Annette T. Herr, State Home Demonstration Leader for Massachusetts since January 1927.

Mrs. Herr has shown herself to be an outstanding leader in this field of service and has become very well known among the women of rural and small town communities throughout the state. She was ready at all times to assist and cooperate with groups of women.

In Essex County, as in other counties, she has always worked very closely with women leaders who have been interested in programs looking toward improvement of the individual and of community life in general.

The Essex County Women's Advisory Council, meeting for regular session recently at the school, received the announcement of the retirement of Mrs. Herr with regret, and joins with the women of the county and members of the school staff in extending to Mrs. Herr all good wishes for the future.

Essex Farmer and Homemaker

HATHORNE, MASS.

Published monthly by the Trustees of
the Essex County Agricultural School

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WAR BOARD BANQUET

The first annual Essex County War Board banquet was held at the Essex County Agricultural School on Monday evening, January 24, with 86 members and their friends attending.

Harry L. Cole of West Boxford, chairman of the board, introduced the members of the war board and those who are assisting them in the work throughout the county. Melville G. Grey of Wenhams and president of the Board of Trustees at the School and Director Harold A. Mostrom brought the greetings of the trustees and school and expressed their pleasure in the school's being able to aid in the war effort in so many ways.

Following dinner dancing was enjoyed under the direction of Harold Phinney of Andover.

THE MATCHING DRESS AND BAG FOR SUMMER WEAR

Are you planning to make yourself one of those smart cotton suits which are so desirable for summer wear? If so when you purchase the material buy a little extra, about 2/3 of a yard and make a bag to match.

Both suit and bag will give you satisfactory service the whole season through and the best part is, they do not have to go to the cleaners, as both suit and bag are easily laundered.

Directions for making bag

Cut piece 22 inches long by 20 inches wide. Fold in center lengthwise. Stitch ends, and lengthwise sides leaving opening of 10 inches.

Bind edges of opening with a bias cut 3 inches wide. This will be wide enough to allow for double draw strings or cord to be run through for closing and handles.

Cut lining with the same measurements, seam the same as for the outside. Slip stitch to position. Make sure that the lining is color fast so the bag can be easily laundered.

Myrtle R. Dunn
Clothing Instructor

PROTECTIVE INSURANCE

(Continued from page 1, col. 3)

2. Employers' Liability. This form protects employers against suit. Most cases coming up under this type of insurance are usually settled out of court, if possible. Negligence must be shown on the farmers part. The limits are \$5000.00 in one accident for one person, \$10,000.00 if more than one person is involved. The rates are about as high as for Workmen's Compensation, and without some of the good features of the latter.

3. Accident policies. There are various types and coverages. Most of them protect the farmer-employer against suit. They are for the protection of the insured.

4. In 1943 a special accident policy was issued for farm volunteers. It was entitled, "Accident Insurance for Victory Farm Volunteers of the United States Crop Corps." It was issued by a group of twenty-four insurance companies in one standard policy. This covered medical expenses arising from an accident up to a maximum amount of \$250.00. It paid \$500.00 to beneficiaries for loss of life of the insured as the result of an accident. It paid various benefits from \$500.00 to \$1000.00 for certain combinations of dismemberments and loss of sight. It afforded coverage for twenty-four hours of the day, and covered accidents on or off the farm, including recreational and other types. This policy was issued for three months, with an initial cost of \$4.00, and could be renewed for additional periods of from one to three months, or more.

It is presumed that this war time policy is still in force. Copies of the application form for this policy are available from the office of the Farm Labor Assistant at the Essex County Agricultural School, or on application to local insurance agencies.

Employers and prospective workers should give due thought to this question and plan to take care of the matter now, well in advance of the period for hiring temporary labor.

Readers desiring further information on the whole subject of protective insurance should consult their insurance agents or the Farm Labor Assistant.

1944 SUPERPHOSPHATE

Arrangements are being made by the A.A.A. Committee so that Essex County farmers who so wish may obtain their allotment of 20% Superphosphate from a local dealer without any delay. Purchase certificates will be issued to the farmers desiring such method, and these may be presented to the dealer.

The government will pay the dealer the government established price, and the farmer pays any difference between this and the dealer's price. Any charge for farm delivery will be paid by the farmer.

The regular method of furnishing this material, the farmer hauling it from the freight siding when the car arrives, will be continued as in the past.

PREPARE FOR 1944 CANNING SEASON

Did you ever make a patchwork quilt? There was more detail preparation in making the blocks than actual work in making the final product. It is likewise true in having a well stocked closet of canned foods for October the first 1944.

Housewives must begin to prepare now for the Canning Season by the following routine.

Clean off each shelf and test its strength and firmness. Repair if necessary.

Place fresh paper on the shelves. Test clean empty jars and covers and if perfect, replace on extremity of each shelf. If the cartons have been kept in good condition, place the empty jars in the boxes and store in the attic or some other dry room.

Replace the canned goods in the center of the shelves.

Make a list of the number of products and determine the increase or decrease needed for 1944 and 1945.

Determine the number of extra jars and rubber rings needed and buy them now. This will help the merchant and manufacturer and save that mad scramble for pint jars encountered last summer.

Make a list of the number of bushels of vegetables and boxes of fruit you need and if you are not situated to grow them yourself, make arrangements with a gardener or farmer to produce extra for you. He can tell you the approximate time the product will be ready for you. Keep true to your bargain. You cannot fool a farmer twice.

If you plan to can at home and have no boiler, now is the time to purchase one. If you have no wire cake or meat racks, have a wooden rack made to fit your boiler.

You may need to can at a Community Canning Center, if so, get in touch with your local Food Preservation Chairman, tell him your needs so he can make arrangements.

Having done these things you are ready to can at a minute's notice. You may have left-over or extra meat, baked beans or fruit that can be saved by canning now in mid-winter. Be Prepared!

Harriet M. Butman
Instructor of Foods

We have been informed that jar rubbers purchased last year and not used will be good to use this year. The new stock of rings this year will be made from synthetic rubber. Ed. Note

PUBLIC SPEAKING CONTEST

The annual Public Speaking Contest will be held here at the School the week of February 28.

Mary E. Carey, Leo Hebert, Benjamin Sayles and Owen Lowe will be the contestants.

Mary will speak on her summer project; Leo on "The Post War Problems", Benjamin on "The Importance of Food" and Owen has chosen "George Washington" as his subject.

SUPPLEMENT

Essex Farmer and Homemaker

SCHOOL NOTES

FEBRUARY, 1944

CHANGES IN PROGRAM FOR HOMEMAKING DEPARTMENT

The second semester, which began in the Homemaking Department January 31, brought several changes into the program for the different classes. They are as follows:

The seniors dropped their two periods of Oral English, which included story telling for the children, and took on two periods of Family Relationship. They changed from Child Care to Home Nursing. Also they have now a short period of five weeks of afternoon classes in Foods. In these periods they study marketing.

The Juniors have afternoon classes now in Foods for a quarter of the year, one division the first quarter, the other division the second quarter. They also have two periods a week with Miss Leavitt at which time they take up Personal Hygiene with some simple procedures for chronic illness and emergencies.

The big change in the Freshmen program is one morning class in Foods for a quarter of the year. One division the first quarter and the other division the second, at which time they will work in the upstairs kitchen and prepare the luncheon for the faculty. This is quite an event for the Freshmen, because it gives them their first experience in cafeteria service and puts quite a little responsibility on them.

Ruth Stafford

ALUMNI NOTES

Gertrude Barney '42 and Marion Noyes '41 are now employed at one of the houses at Pine Manor in Wellesley.

Judy Jameson '42 was inducted into the WAVES, December 29.

Priscilla Glines '43 of Andover is taking her Boot training at Palm Beach, Florida. Priscilla was inducted into the SPARS the middle of January.

Ethel Webb of the class of 1936 lives in Danvers and is engaged to Pvt. Harry E. Weston of Salem.

Carolyn Putnam '40 of Danvers was married December 1, to Frank Bernson of Marblehead.

Olive St. Pierre of the class of 1939 is engaged to Aviation Cadet, Edward Fitzgerald of Newburyport.

Charles Clinch '36 of Middleton has recently been inducted into the Navy.

Caesar Rosi is employed at the McGee Poultry Farm on East Street, Middleton. Caesar graduated from Essex Aggie in 1933.

Eleanor Champoux
Margie Farrar

SENIOR BANQUET AND DANCE

The senior class held a very enjoyable banquet and dance on Wednesday, January 26. The class met in the Homemaking Building, and at 12:30 went into the dining room where a very delightful dinner was served. As far as possible the school colors, green and white, were carried out. The menu was as follows:

Fruit cup, garnished with green cherries
Chicken pie Cranberry sauce
Mashed potato Green peas
Green fruit punch
Molded green salad
Butterscotch rolls
Vanilla ice-cream green pineapple sauce
Decorated cup-cakes

Albert Miles, president of the senior class, acted as toast-master. Grace was asked by Director Mostrom before the banquet began, and singing was enjoyed between courses.

After the dishes were cleared away, Maureen O'Leary, the vice-president of the class, extended a welcome to all those attending. Director Mostrom then spoke to the class. He read the list of all the boys who started as members of the class of '44 telling a little about each boy, not now with the class, where he was and what he was doing.

The class prophecy for the Homemaking department was next read by Mildred Sapienza and Barbara Hood. Miss Moore then spoke to the class telling them, also, about each girl who had been a member of the class and what she was doing.

The class will for the Homemaking Department was next read by Constance Ormsby followed by the class prophecy and will for the Agricultural Department. These were given by Mary Elizabeth Carey.

The class advisors were next called upon to speak, and each responded with a few remarks.

The party then adjourned to the Agricultural Building where the whole school joined in general dancing with music and entertainment furnished by Mr. Harold Phinney of Andover.

Constance Ormsby

ANY WAR SAVINGS STAMPS TODAY?

This is the typical question asked through-out the Homemaking Building.

Are you an A or B? There is a competition between the two groups, the A's better known as the "Glamorous Gerties" and the B's as the "Ga Ga Gals".

The B's have surpassed the A's ever since the competition began but it doesn't mean they can sit back and take it easy, because those "Glamorous Gerties" have finally awakened and they plan to reach the goal first. The B's have another plan. Meanwhile the War Stamps are being sold.

Helen Towne

RED CROSS PAJAMAS

The two freshmen classes 1A and 1B Divisions, are making boy's pajamas, size 10, for the Danvers Chapter of the American Red Cross. They are made of pink striped cotton flannel. The girls are learning to make flatfell seams and trying very hard to stitch straight. The making of these pajamas requires very careful work in order to do them well. Some of the girls are planning to make pajamas for Home Project work after they finish with these at school.

Minnie Graves

ATTENTION BEEKEEPERS

All winter, spring and early summer users of bees should carefully husband their bees. Southern bee producers are again sold out until June. Locate your local supplies of bees early.

George Meigs

GREEN AND WHITE

The Green and White will be published again this year and will make its appearance about March 1. Among the Students who are working on the literary material are Mary E. Carey and Clifford Gaudet. Leo DuBois has obtained the student subscriptions in the Agricultural Department. Vera Yonetz has taken several pictures of school groups which will appear in the Green and White. All the seniors have worked in getting the advertisements necessary to assure the publication of the book.

Leo DuBois

COMING ASSEMBLIES

Through the efforts of Instructor James N. Cole a film on the World Series will be shown to the students of the Agricultural Department early in March.

"Gill" Dadds winner of the Sullivan award for being the outstanding amateur athlete of the year is expected to address the assembly March 1.

JOINT ASSEMBLY

For our second joint assembly in 1944, the speaker, Mr. Carl B. Wetherell of Marblehead and the Boston Young Men's Christian Union proved very interesting.

The assembly opened with the salute to the flag followed by the singing of the Star Spangled Banner. Our director, Mr. Mostrom spoke of the ever-growing numbers on our Service Flag and of the sacrifices our boys are making. We all then sang the Battle Hymn of the Republic.

The speaker had many stories to tell which got his audience in a very good humor. He said that people are as interesting to him as anything in the world. He grouped people into three main classes: standpatters, starter-upperers, and stand-outers. Many people, he said, were just stand-patters, always grumbling, afraid to go ahead. The starter-upperers were those who were over-cautious, always had an alibi for everything and full of good intentions. Lastly, the stand-outers were those who went ahead and did things. In order to be a good stand-outer Mr. Wetherell suggested the following necessary characteristics: sense of humor, patience, tolerance, faith in God, in man and in one's self, freedom and justice.

The assembly closed with the singing of the school song.

Ruby Richardson

NEWS FROM THE FRONT

We are sorry to report that Raymond Barlow of the Class of 1943 is confined to a hospital in Africa with a broken back. Ray's address is Raymond Barlow S 1/c, Armed Guard, S.S. John S. Copley, c/o Fleet Post Office, New York, New York.

Joe Roche, president of the class of '43 is now located at a Navy Radio Training School in Pennsylvania.

"Tony" Allen writes that he hopes to have a leave before his ship leaves port. "Eddie Moran" writes that he is kept very busy. Ed has been in New Caledonia since last May.

"Hank" Britton is now located somewhere in Italy. Britton and Bob Spencer have covered about the same territory but at last account they had not been able to get together.

Charles Gibbs better known as "Gabbie" Gibbs is over seas and mail was received from him recently.

"Brownie", Richard Brown of Swampscott is now in India.

Major Thurlow is still on the California desert. His family that is Mrs. Thurlow and Lois are living in San Bernardino this winter and the Major is able to spend several nights a week at home. His son Henry Jr. is in the Navy and has been sent to the So. Pacific. The Major and Mrs. Thurlow were able to see him in California before he sailed.

Gordon Russell of Danvers writes that he is in England.

"Bill" Pingree is now in Italy and writes that he has seen one quarter of the world.

Warren Nelson wrote that he has just dropped a few "eggs" on the Japs. His two brothers are carrying on the home farm in Methuen.

INTERESTING INTERVIEWS

One of my interviews was with Mr. Metcalf, a very interesting and likeable man. He has been faithfully employed at Essex County Agricultural School for over twenty five years. His family consists of one boy and three girls. The boy is now serving his country in the United States Army Air Corps., training to be a bomber pilot. His oldest daughter is finishing her senior year at Saugus High School.

An amusing incident that occurred in his teaching was in mathematics class. They were studying poultry percentage which is, figuring mortality of poultry. The boys in this class were "pondering enthusiastically" upon the problem until one boy completed his answer and passed in his paper. He had labeled the answer 10% immortality. (Mr. Metcalf wondered where the other 90% went).

Mr. Metcalf came to this school at the close of World War I and witnessed the student body (which was then small) grow rapidly until recent years. He teaches Freshman Mathematics, Freshman Vegetable Growing, Sophomore Geography, and Sophomore Civil Government. Besides this he acts as parliamentary advisor to the Future Farmers of America, Essex Chapter. These duties are advising the chapter regarding the annual preparation and passage of a "Master Budget". Mr. Metcalf has correlated the Sophomore Civics closely with the F. F. A. activities which proves helpful to Sophomores who are interested in qualifying for the second degree in the organization. He has also been active in Essex County Victory Garden work in Lynn, Saugus, Lynnfield and Nahant. Also he was General chairman of the Saugus Victory Fair which had a budget of \$3,000 and an attendance of 5,000. In 1943 he gave evening class instruction in Victory Gardening to 100 adults in Saugus, Lynn, and Beverly.

One of his most outstanding achievements was his introduction of his White Americans; which took him eleven tedious years before he obtained the breed he wanted. This always reminds me of a saying, "Seek works of achievement till you find and you'll not lose your labor".

Leo J. Hebert, Jr.

AGRICULTURAL ASSEMBLY

In the assembly of January 21, we had a film on hogs, obtained from the Portland Cement Co. It showed how big hog raisers in the west use cement to good advantage. The farmers who raise hogs on cement have cleaner hogs and more sanitary conditions. The pens are cement platforms cleaned every day, the manure being washed from the platform with a hose.

This film was obtained by Mr. Kenneth Forman, Instructor in Animal Husbandry and proved very educational to the students.

Robert Hanson

"WOODY" WALKER SPEAKS AT ASSEMBLY

Recently the boys of the Agricultural Department had the opportunity to hear one of Essex Aggie's own graduates tell them of his experiences during the 18 months that he spent in the South Pacific. David Woodward Walker better known to the Alumni as "Woody."

He was in the group that first went to the South Pacific. It took them 43 days from New York to Melbourne, Australia. When he came home he flew from the Fiji Islands to San Francisco in three days and two nights.

"Woody" said he was in Australia only two weeks when he was sent to New Caledonia where he remained for five months and on to Guadalcanal where they were among the very first troops in battle. He was also in the battle of the Coral Sea.

Like many others who have returned from those early days on the islands he said that the articles we have read in the magazines Life, Time and the Readers' Digest 'though they sound fantastic they are really so and they give a moral boost to the boys.

The greatest morale builder is mail from home.

At the time of his visit to the School he was a Staff Sergeant, wearing medals for the Asiatic-Pacific engagement; Good Conduct medal; American Defense Prior to Pearl Harbor, and Presidential Unit Citation given by the President to all on Guadalcanal previous to January 15, 1943.

At the present time he is at Keeler Field, Biloxi, Mississippi, where he is training to be in the Air Corps. A letter this week states that he is having quite a time getting used to classes and camp life after being in combat.

CLASS 3A IS LEADING

In the interclass basketball league which is being conducted in the Gym during the noon hour, some real lively games are being held.

At this writing Class 3A is leading the league having won four games, tied one, and lost none. Capt. "Brad" Trethewey of 3A is the leading player on his team.

Class 1A with Robert Moore and Robert McLaren sharing the spotlight is in second place having three wins and one defeat to their credit.

Deadlocked for third position are 2A and 2X classes.

Class 1B has lost four games, while class 4A, which has been handicapped by absences, has played only one and lost at that time.

The All Star team lead by Mr. Sydney Porter has lost one game and tied one.

During the early part of the winter season, the students enjoyed the skating on the School pond.

In the middle of February a Volleyball league will be formed by classes and games played during the noon hour, under the Physical Education Department.

James N. Cole
Coach

ADVISORY COUNCIL MEETING

The meeting of the Essex County Advisory Council was held at the Essex County Agricultural School on Wednesday, January 26, 1944. Mrs. Raymond Trefry, chairman of the group, presided and welcomed the group. The resignation was read and accepted with regret of Mrs. Byron Bennett of Ipswich who has been ill. The members of the Advisory Council also received with regret the announcement of the retirement of Mrs. Annette T. Herr, State Home Demonstration Leader of the Massachusetts State College Extension Service.

A demonstration on Reconditioning Spring Unit Cushions was given by Miss Juliette Myren, Home Demonstration Agent-at-Large of Massachusetts State College. This demonstration was very enthusiastically received by the group who could see a definite place for it in their communities. In addition Miss Myren discussed with the group the home demonstration programs available for community groups. A State specialist will meet with the group at each council meeting to discuss the various programs with a view to program planning for the fall.

After luncheon at the homemaking school, Professor William R. Cole of Massachusetts State College discussed the 1944 Food Production and Preservation Program. Local communities are already being organized and work on this program is being started for the coming season.

Organization plans for the council and for local committees were discussed by Miss Katherine M. Lawler, County Home Demonstration Agent. It was decided by the group that since the next meeting coincides with Farmers and Homemakers Day which will be held at the school on March 15, the council will plan to attend on that day and will hold a short business meeting during the noon hour.

The 1943 Women's Land Army program was reviewed by Miss Lawler and the suggestion made that council members suggest in local committees that any women interested in farm work contact Mr. Albert Curtis, Farm Labor Supervisor, at the Essex County Agricultural School.

Each community is to have a Town Director that will be selected by the Home Demonstration Agent and the council member and the responsibilities of these Town Directors were discussed.

A report of the women's program of the Union Agricultural Meeting held in Worcester on January 6 was given by Mrs. Hubert Boyle of Middleton and a report of the War Board Dinner on January 24 was given by Mrs. Walter Dean of Lawrence.

Those attending the council meeting were: Mrs. Raymond Trefry, Marblehead; Mrs. Frank Carson, Salem; Mrs. William Keith, Topsfield; Mrs. Byron Bennett, Ipswich; Mrs. James Benham, Gloucester; Mrs. Myron O. Wood, Groveland; Mrs. Douglas Sparks, North Andover; Mrs. Sherman Jones, Essex; Mrs. Richard Winchester, Beverly; Mrs. Grace Richardson, Swampscott; Mrs. Mary Floyd, Manchester; Mrs. Gustaf Erickson, Danvers; Mrs. Wallace Knowlton, Hamilton; Mrs. Walter Dean, Lawrence; Mrs. Charles O'Connor, Lynn; Mrs.

TIMBER VALUES

The question is often asked, what is standing timber worth?

This is a difficult question to answer because the value is determined by so many different factors. The worth of timber on the stump is best determined by its quality and the various elements of cost involved in logging and milling. These vary with every lot and locality. When sawed and ready for sale at a definite price the value can be exactly determined. The difference between the selling price of lumber minus the cost of the operation plus a reasonable profit for the operator will show what the standing timber was worth.

It is also worth whatever a buyer is willing to pay and one method of determining value is to get offers from several bidders. This practice gives a good idea what can be realized from an immediate sale but doesn't always give a true picture of actual worth. At present although the supply of sawed lumber cannot keep up with demand, less is being cut due to labor shortages. At the same time more standing timber is being offered for sale than is being cut. This permits buyers to be choosy and they will not pay as much as though there was competition.

There are roughly two grades of white pine. One is fit only for box lumber while the other can be used in various types of construction. Box lumber was in light demand before the war but now great quantities are needed for boxes and crates going into the war effort. It would seem good business to cut and sell as much of this class of material as possible now while the market is strong. Standing pine that will produce construction lumber should always be in demand at a good price since the local supply is only a small percentage of the total consumed.

With lower labor costs after the war the value of timber on the stump from the better stands of pine may be higher than at present.

Ezra I. Shaw

Arthur Leach, Wenham; Mrs. Benjamin W. Currier, Boxford; Mrs. Hubert C. Boyle, Middleton; Mrs. Thorndike Cheney of Ipswich attended the meeting in place of Mrs. Bennett. Mrs. Gove and Mrs. Peckham attended to represent Mrs. Winchester of Beverly.

* * * * *

A single meeting on Reconditioning of Spring Unit Cushions will be held at the Essex County Agricultural School, one on March 1 and one on March 2. These meetings will be conducted by Miss Juliette Myren, Home Demonstration Agent-at-Large of Massachusetts State College. These will be all-day meetings, beginning at 10 A.M. These two meetings will enable Miss Myren to meet with two groups of 10 women each. Each woman attending will repair the spring unit in a chair or divan cushion that she will bring with her. The women who attend this meeting will carry the information back to the local committees and will assist their local women in this program. Any who are interested to attend should contact Miss Katherine M. Lawler, County Home Demonstration Agent, Hathorne, Mass.

GARDEN CHAT

Plan early for the 1944 Victory Garden

Did you select a plot of land last season which was productive? If so, you are ready to make a garden plan for this year. If your results were not satisfactory look for a more productive plot of land, one which has plenty of organic matter present, a sandy loam type of soil, fairly level, free from rocks and tree roots.

Did you have more of some vegetables than you could use as fresh and canned crops or did you run short of others? With the experiences of last year in mind plan your crops for this season accordingly by varying the amounts of each crop on the needs of your family. If you did not have a garden last year and are planning one for this year contact the Agricultural School for garden plans and guides.

After deciding on a certain plan and program for the year look over your vegetable seeds and see what you have left from last year. Parsnips and onion seeds are not good after one year. Any surplus seed from last season of these vegetables should be discarded. Most of the other vegetable seeds will be usable for this year. If you know the germination of the seed as of last year and if it was low, it will be better to plant a little heavier to assure a fair stand of seedlings. Knowing what you may have on hand in the line of vegetable seeds you may order accordingly for 1944 needs.

Some varieties of seeds are short; such as cabbage, cauliflower, broccoli, carrots, onions, and late beets, so a word to the wise should be sufficient.

The next check up should be made on fertilizer, spray or dust materials, and tools. Victory Gardeners are not confined to the use of 3-8-7 fertilizer for 1944. Any type of fertilizer which can be purchased can be used this season. A 5-8-7 or 5-10-5 fertilizer is far more desirable for vegetable use than the formula 3-8-7 which was used in 1943. The extra nitrogen or 5% available is more desirable than the old 3% of last year and should aid to increase yields.

Rotenone or Pyrethrum will be available in limited quantities only for 1944. Fair supplies of Arsenate (lead or calcium) are available. A new insecticide will be offered to the gardener this season in the form of Kryocide (cryolite).

How about the condition of your tools? Do you need a new hoe to replace the broken one? Would just a new handle put the present blade to use and thereby save on the metal needs? Would filing the blade of the hoe make for more efficient work this season? Perhaps you broke a tine in the spading fork last spring so that it would be profitable to invest in a new fork to handle the 1944 garden. In case you operate a cold frame, the sash may need a new light of glass or a coat of paint to preserve it.

Let all gardeners make their garden efforts count for more this season by careful planning and more efficient methods and cultural practices than have previously been carried out in former years.

C. M. Stearns



4-H Club Notes



AROUND THE COUNTY

Eight Little Tailors of Boxford, led by Mrs. Leon Jordan are busy making dresses and renovating garments. They are stressing conservation of clothing by making useful garments out of some which might otherwise never be worn.

The West Parish 4-H club of Gloucester have cut out pajamas under the direction of Mrs. James Benham, local leader. They also have round-table discussions at their meetings on good grooming.

Swampscott has two active clothing clubs at the Visiting Nurse's Center. Mrs. Margaret Webber is leader of the Busy Beavers who are making slippers and knitting squares for the Red Cross. Mrs. James LaFleur is working with the older girls on accessories such as beanies and bags.

Middleton's Greenerettes are learning to patch under the direction of Mrs. Gus Fischer along with their regular lessons in sewing. At their last meeting Doris Fischer gave a demonstration on Washing a Woolen Sweater.

The Mixture Club of Amesbury are working on the Baked Foods program for the winter, with Mrs. A. E. Moore leading. They have elected Mary Dollen as president, Joan Remick as secretary and Jean Remick as News reporter.

A Stitch in Time Club led by Mrs. Byron Colby of Hathorne, are working on clothing conservation. Each girl is planning what she can do to renovate a garment which she has found idle in her closet.

Mrs. George Briggs of Amesbury has recently organized a clothing club. The following officers were elected: Ann Bates, president; Pauline Bates, vice; Alice Bates, song and game leader. president; Annabelle Denham, secretary;

The Victory Garden Busybees club of Danvers, with Betty Grimes and Marguerite Fossa as Junior leaders are making yarn doll curtain pulls and painting paper dishes. They have increased their club enrollment from 6 to 12 members.

JUDGING CONTESTS

4-H Poultry Judging Contests were held on Saturday January 22. The Essex County senior team was made up of the following: John Caskin of Danvers; Boyd Berrett, Saugus, Bruce Waybright, Saugus.

John Caskin was 6th high scorer in the contest. The Essex County team placed 2nd in the contest with 11 teams judging.

The Junior Judging team was made up of Leslie Tinkham, Danvers; and Edward Forman also from Danvers.

Bruce Waybright was 2nd high individual.

PAUL WYETH JR., OWNER OF BULL CALF

Paul Wyeth Jr., has a bull calf whose mother is purebred Ayrshire. The father of the calf is purebred Ayrshire Bull owned by Harry Blackadar of Haverhill. Mother and father have not met—in fact they live about 40 miles apart—yet they have a son. Paul's cow, which he raised from a calf, was bred artificially and her son is the first 4-H calf in Essex County to be the product of artificial breeding.

\$91.25 WON AT POULTRY SHOW

The Mass. Society for the Promotion of Agriculture again offered \$250.00 in War Stamps at the Boston Poultry Show at the 4-H exhibitors.

Twenty-nine Essex County exhibitors won a total of \$91.25 in war stamps. Due to lack of space in this paper all Essex County winners will not be listed only those who won \$3.00 or more. These are: John Taatjes, Saugus, \$9.00; Lyman Biggart, Saugus, \$8.00; Boyd Berrett, Saugus, \$8.00; Leslie Tinkham, Danvers, \$7.75; Virginia Bennett, Danvers, \$7.00; William Ireland, Saugus, \$5.75; Patrick Eisan, Jr., \$5.00; Reginald Chatteton Saugus, \$5.25; Bruce Waybright, Saugus, \$5.00; Harold Bulmer, Saugus, \$4.75; Robert Smith, North Andover, \$4.50; Alvin Smith, North Andover, \$3.00; Richard Holt, Saugus, \$3.00.

WAR SERVICE RECOGNITION

Six 4-H Food Production and Preservation Clubs of the County have received State awards of war service certificates for the work they have done in aiding in the war effort beyond their 4-H requirements.

Clubs receiving these awards so far are the 4-H Victory Club and Young America Canning Club led by Miss Annabelle Sylvester of Middleton.

The Red Rooster Poultry Club, led by Paul Corson of Saugus; The South Side Farmers of Ipswich, Mrs. Cleon B. Johnson leading; The Victory Club of Merri-mac, led by Mrs. Grace Clark; 4-H Food Production and Preservation clubs of Haverhill under the leadership of Ernest Howard; and the Ipswich 4-H Agricultural Club led by Miss Jennie Johnson.

Other clubs will receive county and local awards of certificates and cards for each member of the club designating their award. War service will continue on an even higher scale in 1944. Plan now for your club to do their part, and even a greater part than was done last year so that your club will be eligible for a certificate in 1944.

STATE WIDE 4-H EGG SHOW

The state wide 4-H egg show was held in connection with the Union Agricultural meetings in Worcester on January 5 and 6. There were 86 dozens of eggs exhibited by 4-H members from all over the state. Essex County members exhibited 20 of the 86 dozen. The eggs in this contest scored the highest in any statewide egg exhibit held so far. The highest score was made by Thomas Danko of Dartmouth with a score of 96.

Essex County scores were as follows: Richard Frost, Middleton, 95 1/4; Paul Wyeth Jr., Essex 95 1/4; Patrick Eisan, Saugus, 94 1/4; Donald Averill, Lynnfield, 94 1/4; Myles Towne, Haverhill, 93 1/4; Murray Hervey, Haverhill, 92 1/4; Jeanne Foster, Saugus, 92 1/4; Geogre Singer, Ipswich, 91; Robert Hervey, Haverhill, 91 1/4; Philip Ireland, Gloucester, 91 1/4; Robert Tassanari, Marblehead, 91; Leslie Tinkham, Danvers, 89 1/4; Reginald Chatterton, Saugus, 89 1/4; Edward Paynter, Saugus, 89 1/4; Clayton Page, Saugus, 87; Neal Hamilton, Lynnfield, 87; Charles Swenson, Saugus, 86 1/4; Edward Forman, Danvers 85; Raymond Tremble, Beverly, 82.

Jeanne Foster of Saugus received 4th award in the Small flock contest and Philip Ireland of Gloucester 5th award in this contest. The awards will be \$1.00 and a ribbon.

Richard Frost and Paul Wyeth Jr., tied for high scorers in Essex County and each will receive 25 Baby Chicks as the County Prize.

EGG SHOW MARCH 15

A County 4-H Egg Show will be held on Farmers' and Homemakers, Day, March 15, here at the Essex County Agricultural School.

SWINE AWARDS

Certificates were recently awarded to the 42 Essex County 4-H Swine members who completed their swine projects in 1943. The swine projects were carried on by club members in 17 different towns.

First prize \$5.00 in War Stamps to Ray Esty, South Groveland; second prize, \$3.00 to Judy Lane, Rockport; third to Barbara Bruni, West Peabody, \$2.00 these were winners in the Breed Sow project.

In the Feeder Pig project (4 swine or more) first prize \$5.00 in War Stamps to Leo Canao, Gloucester; second to Frederick Hall, Haverhill \$3.00; and third prize of \$2.00 to Ronald Marshall of Georgetown.

The Batt Hill 4-H Club of Salisbury won \$5.00 for having the Best Swine Club in Essex County.

Essex Farmer and Homemaker

VOL. 26

HATHORNE, MASS. MARCH, 1944

NO. 3

Entered as a second-class matter, May 28, 1919, at the Post Office at Hathorne, Mass., under the Acts of August 24, 1912.

Better Victory Gardens

"Better Victory Gardens and More of Them in 1944" is the slogan of the National and Federal Victory Garden Program this year.

In Massachusetts the State Home Garden Committee has set for the goal a fifty percent increase in gardens. This is a stiff goal to attain, and if it is to be reached many new families will have to be contacted through various means.

At present there seems to be a doubt, spoken or unspoken, in the minds of many people as to the necessity for emphasis on a Victory garden program this year. Food seems to be fairly abundant at present and in good variety.

Once again, however, we are faced with the necessity of forecasting a situation which we believe will occur later on this year which will leave us seriously short of food unless we can have made preparation in the meantime for carrying out a program to offset the threatened shortages.

We are informed that the abundance of our meat supply is but temporary, and that we will not face again such a flood of beef and pork on the market. A further cut in canned goods for civilian consumption has been indicated by government authorities.

The coming invasion of Western Europe by the Allied Forces will mean first of all the moving of millions of soldiers on to foreign territory. When a soldier has to be supported on foreign

(Continued on page 3, col. 1)

PLAN NOW TO CONSERVE YOUR SOIL FERTILITY

Many farmers of Essex County have been wisely building up the fertility of their soils the past few years by the addition of lime, fertilizer and manures. These materials have provided the soil with many valuable elements needed for plant growth. It seems tragic to lose this valuable fertility by erosion, leaching or improper cropping practices. Plan now to protect your investment by planting cover crops next season to hold plant food. Animal and green manures will provide organic matter to hold moisture and minerals needed for plant growth. Erosion problems on slopes may be controlled by planting crops on the contour, thus saving valuable soil and minerals and obtaining better yields.

For further information on Conservation practices, contact the Agricultural Conservation Office, Room 34, Essex County Agricultural School, Hathorne.

30th Annual Farmers' and Homemakers' Day

March 15, 1944

10:30—MORNING PROGRAM in MAIN HALL, Melville G. Grey, presiding.

Louis A. Webster, Commissioner of Agriculture will speak on "Land, Labor and Capital in Present Emergency"; James W. Dayton, State County Agent Leader will discuss "Post War Planning".

12:00—1:30 Witham the Caterer will serve Cafeteria Lunch.

Educational and Trade Exhibits will be on display throughout the day.

1:30—3:30 AFTERNOON PROGRAM

Mrs. Raymond Trefry, presiding
HOMEMAKERS—Dr. Margaret Mead, of the National Research Council, who recently returned from England will speak on "The English Homemaker at War". Miss Esther Branch, Home Economist for Lever Brothers will give a demonstration and talk on "Cooking under Rationing".

DAIRY AND FIELD CROPS—W. Dana Bragdon, presiding. Lester Tompkins, Dept. of Agriculture, "Stable Requirements that save time and produce better quality milk". Prof. Ralph Donaldson, "Roughage, Pasture and Fertilizer Program for 1944"; Prof. Roy E. Moser, "How to save minutes doing chores"; Movies; Prof. Fawcett of Mass. State College and G. A. Houran of the DeLaval Co., will give a milking machine demonstration.

FRUIT—Archer L. Pierce, presiding. Jonathan Davis of Sterling Junction will speak on, "Tree Removal Methods"; Prof. W. H. Thies, "Latest in Pest Control"; Dr. O. C. Boyd, "Latest in Disease Control".

MARKET GARDENERS—John Rasmussen, presiding. Prof. Paul Dempsey, Waltham Field Station, "Vegetable Varieties to plant this year"; Walter Hopkins, Reading, "How Farm Labor Problems were met in 1943 and Plans for 1944"; Walter Piper, Division of Markets, "Up-to-date Price Ceilings".

POULTRY—J. Warren Chadwick, presiding. Dr. O. B. Kent, Manager Feed Service Dept., Quaker Oats Co., Chicago, "Poultry Management in 1944"; Prof. Ralph Donaldson.

7:30—9:00 EVENING PROGRAM

Carlton M. Stearns, presiding
VICTORY GARDENERS SPECIAL—This meeting is planned for the Victory Gardeners and Prof. Paul Dempsey will speak on "Our 1944 Victory Gardens and my experience with Home Freezer Units". A discussion and question period will follow Prof. Dempsey's talk.

Training Labor

Tell him! Show him!
Let him do it!

The old vocational training slogan applies in the problem of breaking in inexperienced help. If the rule is followed by employing farmers, many of the difficulties they often experience may be largely overcome.

The Essex County Agricultural School in cooperation with the Massachusetts Department of Education, is working on a program for the training of farm employers and foremen in the instruction and use of inexperienced labor.

This is to be done by the personal training, either at the School or more convenient locations in the field, of small selected groups. It will not be done by instructing the employers in routine methods but by working with them cooperatively to find out the best procedures to follow.

In doing this real jobs which beginners could be expected to do are taken up. Better, simpler and easier ways of performing the work are considered and perfected. Then where possible the improved methods are actually done by the employers until they are thoroughly familiar with them.

Further information regarding this program can be secured from the School. We will also be glad to receive any suggestions from you as to what help we can give in particular matters you are especially interested in.

Albert E. Curtis
Emergency Farm Labor Assistant

AMMONIUM NITRATE WITH MANURE

Prof. Ralph Donaldson of Mass. State College, and County Agent Smith report tests on the use of ammonium nitrate about 200 lbs. per acre applied to sod land which had received a light topdressing of stable manure—6 to 10 tons per acre.

There were eight of these cooperators on which weights were secured. The average gain over the non-topdressed but manured field was 1936 pounds per acre, practically a ton increase.

The cooperators with the increases in hay per acre follow:

Harry Blackadar, Ward Hill,	1077 lbs.
W. C. Dunn, Rowley	1537 lbs.
Dodge Brothers, Rowley	615 lbs.
J. Harrington, Byfield	2492 lbs.
Harold Rogers, Ward Hill	1650 lbs.
Joseph Smith, Lynnfield Center	1691 lbs.
Fatherland Farm, Byfield	5018 lbs.
Robert Sawyer, Bradford	1409 lbs.

Topdressing this spring early with ammonium nitrate will save plowing up that old sod, will be cheaper than plowing and reseeded and is a cheap method of securing extra hay.

Essex Farmer and Homemaker

HATHORNE, MASS.

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BRIGHT AND SHINING

Since early times silver has been valued for the part it plays in table service. Silver for the table is either sterling or plated. Sterling silver is an alloy composed of 925 parts of silver to 75 parts of copper. Plated silver is made by electroplating silver on articles made of nickel or some other metal. There are many grades of plated silver. A good quality of silver plate will give many years of service and is much less expensive than sterling silver.

Nothing detracts so much from the appearance of our dining tables as dull tarnished silver. The tarnish on silver is caused by sulphur compounds present in the air and in certain foods such as egg yolk or mustard. Since small quantities of sulphur compounds are given off into the air by the fuels we burn to heat our homes, it is impossible to prevent some tarnishing of silver, especially during the winter months.

Silver which is in frequent use, may be kept bright by washing in hot soapy water, followed by careful rinsing and drying, with occasional polishing. Use a brand of silver polish which you know to be reliable. Be sure that the polishing cloths are soft and free from lint. A very soft brush can be used for crevices or ornamental designs.

An easy method of cleaning silver is to place silver in an aluminum pan, cover with water adding a teaspoon of salt and a teaspoon of baking soda for each quart of water. Boil from five to ten minutes, wash in hot soapy water, rinse and dry. This is a safe, quick method but does not give as bright a lustre as hand polishing.

Silver that is stored away may be wrapped in specially treated cloth which helps to prevent tarnish.

Occasionally silver pieces intended only for ornamental purposes such as silver trophies are lacquered. This lacquer some times darkens and peels. The old lacquer can be removed with alcohol and new coat of lacquer applied.

Constance L. Maude
Science Instructor

PAUL BUNYAN RETURNS

Paul Bunyan was the legendary hero of the lumber jacks. Many and varied were the tall stories told about him in the lumber camps by the loggers, as they whiled away the long winter evenings by the roaring bunk house fire. He is credited with being able to knock down a whole forest with one blow of his mighty axe, and "Babe" his big ox used to drag all the boys away at one load. One of Paul's biggest jobs was during the winter of the "Blue Snow" when he logged off the Dakotas, and with the aid of his big ox hauled the logs to the Mississippi River and drove them all down stream to the Gulf of Mexico.

Now the lumber jacks are back again on the North Shore of the old Bay State. Within recent months about 1 million feet of oak has been cut for Massachusetts shipyards. Several saw mills in Essex County are running full time turning softwood logs into lumber.

One large operation has just started that promises to cut about 1½ million board feet of timber. Included in this sale is a Majestic Grove of Pine that reminds one of the virgin stands of early New England.

The war has brought back the memories of Paul Bunyan. The ring of the logger's axe and the crash of timber must be music to his ears as his spirit flits among the shadows of the "Murmuring Pines and the Hemlocks".

This brings up one sobering thought. Timber for war use is vital but great care should be exercised in cutting, in order to safeguard future growth and protect the scenic beauty of the North Shore.

Ezra I. Shaw
County Farm Forester

TAKING SOIL SAMPLES

Soil testing is by no means a cure-all for soil difficulties but it is a valuable aid in many cases in finding the causes of plant troubles.

Laboratory tests to be made on samples can be useful only in so far as the samples submitted truly represent the conditions in the field or garden. Careful sampling is therefore very essential.

Decide what area is to be represented by a sample. Take separate samples for distinctly different soil types and for areas treated differently (lime, fertilizers, etc.) or for trouble spots.

Take 10 or more uniform slices of soil within each sample area to plow depth in cultivated land, two to three inches deep in sod land. Use spade or trowel.

Mix thoroughly in a pail. Remove all stones and roots. Take approximately a pint for your sample.

Use clean container and label carefully. Avoid anything that might contaminate the sample. Clean ice cream cartons, glass jars, or tin cans are suggested.

The School offers a soil testing service to residents of Essex County who have soil problems. Samples may be mailed or brought in.

(Continued on page 3, col. 2)

BE SURE TO SEE

Be sure to see the exhibits when you are here at the School on March 15 for the 30th annual Farmers' and Homemakers' Day.

There will be the Trade Exhibits in the Gymnasium. In the Homemaking Building will be the exhibits of clothing, arts and crafts, canning, the various closures that may be used on jars, home repairs, Red Cross work and Home Nursing.

In the various rooms in the Agricultural Building there will be a 4-H Egg Show, as well as an exhibit on how the 4-H can help in the Victory Garden project; useful tools that Victory Gardeners should have, the proper seeding, amounts and depth of seeding, storage material, correct application of fertilizers, the control of diseases and insects; there will be new books on the various subjects on display too.

Miss Lawler will have a display of canning and the spoilage of canned goods. Mrs. Mary M. McIntire will have a display of two women's suits made from men's suits, upholstered furniture, dresses made in the evening practical arts classes and wartime dishes made in the evening cooking classes. There will be other exhibits which you will want to see.

HOW TO GROW MORE ROUGHAGE

Extracts from remarks by Prof. R. W. Donaldson, of Mass. State College at meetings held recently in Essex County.

In these labor shortage days there are a few things the dairyman can do to keep out of feed shortages and labor shortages.

1. More feed from sods, save labor by topdressing old sods with manure or with fertilizer alone—7-7-7 up to 600 lbs. per acre. If cow manure, add 200 lbs. of ammonium nitrate.

2. More good grazing.
3. Early cutting of hay. Cut alfalfa and other grasses early in order to get higher food values. Could graze this field early, then cut the second crop.

4. More silage per acre, 8" spacing in row is best. Permits ears to develop if not too crowded.

5. Field Corn—"29-3" recommended.
6. New seedlings—seed down only if absolutely necessary.

Poultry Manure: This is the most valuable of any—the amount runs from 80 to 125 lbs. per year per fowl, or 100 four pound hens produce about 3400 lbs. manure—5 hens-4250; six lb. hens 5100 pounds of manure.

For grasses apply 6 to 8 tons per acre. Poultry manure is about 1/15 as strong as nitrate of soda, besides containing other elements phosphorus and potash.

Use of superphosphate 5 lbs. per 100 birds per week on dropping boards is strongly recommended.

F. C. Smith
Co. Agri. Agent

SUPPLEMENT

Essex Farmer and Homemaker

SCHOOL NOTES

MARCH, 1944

STAFF NOTES

The first week in February brought to the Homemaking Department two Junior Apprentice teachers from Framingham State Teachers' College. These young ladies will teach and observe for eight weeks and then go on to have their apprentice work in High schools. Miss Nancy Todd of Wilmington and Miss Elinore Sheils of Chestnut Hill are the young ladies. In March two other members of the Junior Class at Framingham will be here for their apprentice work.

ALUMNI NOTES

Albert and Nelda (Bourdelaïs) Doggart have moved from Essex to Duns-Brikke Farm, Dunstable, Mass. Both are graduates of the Class of 1933.

Marion L. Chapman a former student is now Mrs. Stanley B. Harmon Jr., her address is 7836 Nelson Street, New Orleans, Louisiana.

Alice Wojtycka '39 is now Mrs. Henry Annis and resides at 24 Mayberry Avenue, Medford 55, Mass. Alice is chauffeuring at the Charlestown Navy Yard.

Bertha Robblee '39 was married on March 28, 1943 to Lt. Lynde Gately Williams and is living at Enterprise, Alabama.

Mabel Bartlett also of the Class of 1939 graduated last year from the University of New Hampshire and is now teaching Home Economics at Lincoln, New Hampshire.

Amelia Plummer '40 lives at home in Topsfield and is employed in the Secretarial Department of the Boston Herald-Traveler, in Boston.

Barbara Weson of Methuen is in business for herself doing dressmaking.

Theresa Lambert '41 is a student nurse at St. Joseph's School of Nursing in Lowell, Mass.

Eliza Hebb '42 is attending the Boston School of Dental Nursing.

Harriet Dunkason '40 is living at home again after being in the South for several months with her husband, Sgt. Eric Hope. Harriet was married on April 17, 1943. Her husband has now gone overseas.

Irene Briggs was married in September to John Roy Bush Jr. and they are living at 18 Ocean Terrace, Salem.

Gwendolyn True '40 is employed in the Navy Dept., Washington D. C. and her address is 1619 Monroe Street, N. E. Washington 18, D. C.

Annette Meigs '38 is employed as the War Board clerk here at the School.

AGRICULTURE IN INDIA

Instructor Kenneth Forman taught agriculture in Alahabad, India before coming to Essex Aggie. Mr. Forman was instrumental in getting Mrs. Ira Hatch who also taught at Alahabad to come to our school on February 9, and show a movie of "Agriculture in India".

The movie was taken by Mr. Ira Hatch and showed some of the ancient methods used by the natives as well as some of the newer methods.

Mrs. Hatch explained the pictures as they were shown. The Alahabad Agricultural Institute is a part of the University at Alahabad, India.

Vera Yonetz

ESSEX CHAPTER HONORED

The Essex Chapter of the F. F. A. was honored at the meeting of the State organization last month when former Chapter president Edward Lynch was elected State President and Leo Hebert Jr., was elected Treasurer. Coleman Lee who is now Essex Chapter President was raised to Bay State Farmer. President Lynch and Vice President Norman Erickson of Worcester were elected as delegates to the National meeting to be held next fall in Kansas City.

A PLEASANT SURPRISE

On Thursday morning February 24, who should walk in but Raymond Barlow, a well liked and popular boy. This time though, he didn't have overalls on, but a snappy navy outfit. He was kept quite busy before assembly time talking to the various teachers and students of the school.

When assembly started Ray was asked by Director Mostrom if he would give us a brief account of his experiences. His speech was very stimulating and there was plenty of good advice to be taken. His main advice to the fellows was to think twice before enlisting. It takes only one farmer to produce enough food for 500 soldiers.

In brief he told us he enlisted in the Navy in April 1943. After his boot training he was given orders to go on duty on a ship to carry high explosives to some of the Mediterranean ports.

This ship was one of Kaiser's Liberty Ships and was built in 7 days, 10 hours and 9 minutes.

During the six months in this area they saw a great deal of action, being among the first to land at Naples, a city that the Germans had completely destroyed. In fact the Allies had to take American bulldozers and break out new roads as the old ones were completely gone.

As their ship was getting in place in the convoy to come home a torpedo hit the ship and Ray was thrown high above the ship and landed on the deck sustaining a broken back.

After a 30 day furlough he will go into Chelsea Naval Hospital for further treatment and three months after the cast is taken off he reports back for active duty.

Ray is a Seaman, first class and wears decorations for Atlantic Patrol, Naval Expeditionary Force, African and European Campaigns and three gold stars signifying three major engagements.

Leo J. Hebert Jr.

NEWS FROM THE FRONT

Only a few letters have been received from the various fronts since our last issue. A letter from "Brownie" Richard Brown of Swampscott who is in India, says that there is not much to do after one has seen the sights.

At last reports Warren Brown of Salem was located in Northern Ireland.

"Joe" Hogan is in China and his is the first letter we have had from the Chinese front. Joe spent a long time in India. He writes that he has yet to see the "Exotic East" that one reads about in books.

"Don" Maguire wrote recently from England and says that he has been transferred to the Eagle Squadron.

The family of Clarence Munroe, Wenham, have received a cable that he has arrived in England.

Some around the school have had the privilege of reading some of the letters that Ian Forman, son of Instructor Forman has written home. Ian was born in Alahabad, India. He is with the American Field Service in India and was able to visit friends at Alahabad a few weeks ago.

A number of boys have been back this past week; some are on 30 day furloughs while others have only a few days before returning to Camp. Conrad Nollet who is in the SeaBees and on 30 day furlough from the Caribbean and Trinidad section was back.

Staff Sgt. Raymond Ferguson of Peabody located at Mitchell Field, New York visited the school. Mr. and Mrs. Frank Platt of Saugus announced the engagement of their daughter Elsie to Raymond while he was on furlough.

S 1/c Francis Pierce of Danvers visited the school. Francis has been up in the Aleutian Islands and reports for duty in California after his furlough.

JUNIOR DINNER AND DANCE

The Junior Class held a dinner on Friday, February 18, in the Homemaking building at 12:30. The color scheme was pink and white. The menu was as follows:

Tomato Juice	Cocktail
Baked Stuffed Fish	Shrimp Sauce
Mashed Potatoes	Peas
Jellied Salad	
Raised Rolls	
Ice Cream on Meringue	Rasp. Sauce
Decorated Cup Cakes	

The guests at the head table were Director Mostrom and Miss Moore. Also seated at the head table were the class advisors, Miss McJunkin, and Mr. Metcalf, and Junior Class Officers, President, Bradford Trethewey, Vice President, Cynthia McAuley, Secretary, Hilda Gaudet, and Treasurer, Edward Bessom.

Cynthia McAuley extended a welcome to the class and guests. Bradford Trethewey presented Mr. Mostrom who spoke about the three V's, the Value of education, time and money. He also mentioned each boy, not now with the class. Miss Moore, head of the Homemaking Department, was then presented. She brought greeting and good wishes to the class. Hilda Gaudet led community singing throughout the dinner.

The party adjourned to the assembly hall of the Agricultural Building and enjoyed movies which had been taken here in Danvers. At 2:30 the remainder of the school joined in the Junior Class for dancing. Music was provided by Mr. Harold Phinney of Andover.

Polly Little

JOINT ASSEMBLY

The second Joint Assembly in 1944 was held in the Agricultural Assembly Hall on Wednesday, February 2, with Miss Moore presiding. The assembly opened with the Salute to the Flag followed by the singing of the "Star Spangled Banner".

Miss Moore then introduced Mr. Carl Rotzel of the New England Egg Institute who spoke to us on the subject of eggs, and their importance as a food.

Following his talk, Mr. Rotzel showed us a colored movie on the subject of poultry raising and egg production.

The assembly closed with the singing of the school song.

Marion Blake

GREEN AND WHITE

The Editorial Board of the Green and White are as follows: Associate Editors, Mary E. Carey, Agricultural Dept.; Rose Grasso, Homemaking Dept.; Senior Editors, Clifford Gaudet, Nancy Edmands, Evelyn Kent; Class Prophets, Mary E. Carey, Mildred Sapienza, Barbara Hood; Class Will, Mary E. Carey, Constance Ormsby, Maureen O'Leary; Art, Vera Yonetz; Alumni, Ruby Richardson; Jokes, Gilman Whitman, Alice Twomey; F. F. A. Clifford Gaudet, Echo Club, Hilda Gaudet.

LENTEN RECIPES

Now that the Lenten season has begun and another meatless day is put into the week for some people, ideas for meatless menus may be helpful. Why not try these delicious dishes?

Cheese and Rice

2 eggs
1 cup cooked rice
¼ tsp. salt
¼ tsp. paprika
2/3 cup milk
1 Tblsp. melted fat
1 cup grated cheese

Separate yolks and whites of eggs. Add rice, seasonings, milk, melted fat and cheese. Fold in the stiffly beaten whites and pour mixture into a greased baking dish and bake 40 minutes in a moderate oven (350 degrees F.)

Spanish Omelet

6 eggs for omelet

Sauce

1 onion chopped fine
3 olives chopped fine
1 pimiento
1 green pepper chopped fine
3 Tblsp. fat
2 cups tomatoes
2 tsp. paprika

Simmer the onion, olives, pimiento, and green pepper in the fat. Add the tomatoes and seasonings and cook slowly one-half hour. Put one-half the mixture between the folds of a plain omelet made with the six eggs, and pour the rest of the mixture over the top. Garnish with parsley.

Mildred Sapienza

ORCHARD SPRAYER DEMONSTRATION

On Tuesday, February 15, there was a demonstration on repairing a spray machine in the school garage by H. F. Davis Tractor Co., Boston, Mass. The demonstration started at 10 o'clock and ended at 6:00 P. M. The spray machine was taken apart and as each part was removed, cleaned and put back into place Mr. Pirelli and Mr. Davis told why each part was necessary to be in good working order so that the machine would run perfectly. The demonstration was for the benefit of the Fruit Growers in Essex County.

Clifford Gaudet

PATRIOTIC ASSEMBLY

On Monday, February 21, a patriotic assembly was held in the hall of the Homemaking Department to commemorate Washington's Birthday.

Constance Ormsby presided. The assembly opened with a salute to the flag, followed by the singing of "America the Beautiful".

Mildred Sapienza then gave a reading entitled "A Birdseye View of Washington". This was followed by a reading, "Washington's Place in History", given by Ruby Richardson. Maureen O'Leary then read a poem "Washington's Birthday". The assembly closed with the singing of the "Star Spangled Banner".

Alyce Twomey

EXPERIENCES IN LABRADOR

At an Echo Club assembly held Wednesday, February 9, Miss Dorothy Leavitt gave an interesting talk to the girls about her experiences with the Grenfell Mission in Labrador.

She began her trip to Labrador in July 1934, traveling by train through Nova Scotia to North Sidney, then by boat to Port Aux Basque, Newfoundland, again by train through part of Newfoundland to Humbermouth, then by boat again for three days to her destination at St. Mary's River, Labrador.

Even in the summer, she said, the weather is cool. The first snow-storm came in October. Her travelling in fall and spring had to be by dog team and boat and in winter entirely by dog team. The scenery is beautiful both in summer and winter, with the Northern lights an especially beautiful sight.

There are no stores or banks in Labrador and the people had to plan ahead for their supplies because these had to be brought in by boat, and there were no boats between September and about June. The village usually had a school and sometimes a church. If there was no church, service was held in the school-house. Villages usually have about twelve families in them, and the people are either English, Irish, Scotch or sometimes French.

Recreation is hardly known there. The only form of recreation they have is around Christmas time when the people dress up in funny clothes and go to the different homes of their friends. This is an old English custom, and the dressed-up people are called "Jannies". The fun is trying to guess who the people are.

The chief industries of the people are fishing and hunting. The women make deer skin and seal skin boots.

It was interesting to learn that the children decide whether they want to go to school or not, and many arguments occur on this account. Strange as it may seem, the children often argue why they want to go to school.

People of the north do not have well-balanced diets and Miss Leavitt, when she went from house to house in her nursing work, had only tea and bread to eat many times. Many people had to be treated for frost bites which sometimes were quite serious. One man came to her with his feet so badly frost-bitten that they had to be amputated. Many deaths occur from drowning and being lost in storms.

Miss Leavitt spoke highly of Sir Wilfred Grenfell, who established many hospitals, nursing stations, and an orphanage, and did a great work for the people of Labrador. He died in 1940.

Rose B. Grasso

BARN LABOR SAVER

The average savings over hand milking for all milking machines reported approximately 2 1/3 hours of labor per day of use, or an annual labor saving of more than 700 man hours per machine.

NEW OFFICERS ELECTED

The Fruit Growers and Vegetable Growers of the County held a joint meeting in February with a dinner here at the School. Both organizations elected officers for the coming season.

The Fruit Growers elected Archer Pierce, Peabody, President; Gilbert Wallace, Bradford, Vice President; William Corning, Lynnfield Center, Secretary—Treasurer; Executive Committee: B. D. Donohue, Georgetown, 1944-46; Harold Walker, Wakefield, 1944-45; Wallace Stanley, Melrose, 1944. Gilbert Wallace and William Corning were elected as Directors of the Massachusetts Fruit Growers Association.

The Vegetable Growers elected John Rasmussen, Andover, President; Harry Cole, West Boxford, 1st. Vice President; James Wrest, Danvers, 2nd Vice President; Ellery E. Metcalf, Saugus, Secretary; Carlton M. Stearns, Danvers Treasurer; Executive Committee: Hobart Clark, Danvers, 1941-44; Charles Holden, Peabody, 1942-45; Thomas Skahan, Saugus, 1943-46; Clement C. Bonanno, Methuen, 1944-47.

Official delegates to the Massachusetts Federation of Vegetable Growers Associations are: James Wrest, Danvers; Thomas Skahan, Saugus, Hobart Clark, Danvers and Calton O. Cartwright, Danvers, Assistant County Agent.

BETTER VICTORY GARDENS

(Continued from page 1, col. 1)

territory the quantity of the food supply in storage must be greatly increased. As land which has been overrun by the enemy is freed by the Allied Forces, food must be furnished to the inhabitants, some of them near starvation, until conditions can be improved sufficiently to permit the growing of food products on their own land once more.

The sum of all these factors would seem to indicate further and heavier demands upon our food resources than we have ever faced before. It would be far better to raise more food than we actually needed to than to be seriously short. There seems to be every reason to urge an increase in the Victory garden and food preservation program.

Here in Essex County we propose through every possible agency to increase the number of families in the county having a garden and canning program. Since we in normal times produce only about fifteen per cent of the food we consume in this county, everything we can do to increase this percentage would naturally help to ease off on transportation problems and free these facilities for troop movements, together with their food supply.

It is essential, too, this year that every space in which a garden was grown last year shall produce more vegetables, if possible, than a year ago. Let's aim to make every pound of fertilizer, every square yard of garden space, every hour of effort on our part, every pound of dust or spray, go farther through more efficient use and produce more.

"Better Victory Gardens and More of Them" is an objective which we should strain every resource to reach in 1944.

PRESERVING EGGS IN WATER GLASS

Many requests are being received for directions for preserving eggs in water glass. Eggs are now plentiful enough and prices such that homemakers should be "putting down" eggs for future use. It is another way of stretching your meat points and insures your having eggs later on when meat may be scarce and eggs expensive. The following are the directions from Miss May E. Foley, Extension Nutritionist of Massachusetts State College:

During the spring and early summer, when eggs are abundant and reasonable in price, they may be preserved for winter use. Fresh eggs properly preserved may be kept for 6 to 9 months in good condition and used with good results. Those laid during February, March, April, May and early June keep better than eggs laid later in the season.

The eggs must be fresh, clean, perfectly dry, and perfectly infertile. Soiled eggs may be cleaned with a damp cloth. They should have sound strong shells and under no circumstances should soiled, cracked, or even slightly cracked eggs be used for preserving. For best results, cool the eggs as soon as they are taken from the nest and keep them cool until they are packed.

For 15 dozen eggs, use 3/4 quart of water glass (sodium silicate) to 9 quarts of water that has been boiled and cooled. Measure the water into a 5-gallon crock or jar or wooden pail which has been thoroughly cleaned, scalded, and allowed to dry. Add the water glass and stir the mixture thoroughly.

Then place the eggs in the container in the water glass solution. If there are not enough eggs on hand when the solution is first made, more eggs may be added from time to time. Be very careful to have at least two inches of the solution covering the eggs at all times.

Keep the container with the preserved eggs in a cool, dry place, well covered to prevent evaporation. It should be kept in a place where it will not need to be moved after the eggs are put in the water glass.

When eggs preserved in water glass are to be cooked in water, a small hole should be made in the shell with a pin at the large end before placing them in the water. This will allow the air in the egg to escape without cracking the shell when the egg is heated.

Katherine M. Lawler

TAKING SOIL SAMPLES

(Continued from page 2 col. 2)

In order to make recommendations the soil tester must have certain information regarding the soil to be tested.

What crops were grown in this area recently?

What kind of trouble have you experienced with crops in this area?

What fertilizers or manures were used last season?

When was the area limed last? Or wood ashes used?

Does the soil seem to be too wet or too dry at any time in the growing season?

What do you intend to plant on the sampled area this year?

Alton G. Perkins

GARDEN CHAT

"Better Gardens and More of Them for 1944" is the slogan of the State and County Victory Garden Committees. The first step of producing better gardens is to plan for them. The Essex County Agricultural School will furnish you with garden plan and guides which will aid you in planning for a better garden. After determining the vegetables to grow decide on the best varieties and then order the amounts which the garden plans suggest. Last year many folks disregarded such aids and went to the seed store to purchase seed and ordered considerably more seeds than were necessary or needed. Consequently many Victory Gardeners may have on hand ample supplies of certain kinds of vegetable seeds for this year.

You may test this seed left over from last year to see how good it is for planting this season. Then knowing its germination ability you will be able to seed accordingly. A simple method for testing seeds at home is as follows: Place several thicknesses of ordinary kitchen towelling or blotting paper in the bottom of a plate and then saturate the paper with water, pouring off any excess. Next place 10 or 20 seeds on the paper surface, spacing each seed so that they are not contacting each other. Cover with one or two thicknesses of saturated paper towelling or blotting paper and cover with another plate placed upside down so as to form a space or cavity between the two plates. Place the plates near a stove or heater so that moisture and heat will hasten germination of seed. One should examine the plates every few days so that in case of excessive evaporation, one may sprinkle with water but do not float. Some seeds like lettuce and beans will germinate rapidly, (a few days) while other seeds like carrots and celery may take several weeks. Keep a record of the number of seeds you place in each plate and knowing this number you may figure the germination of each kind of seed from the number which start a good root system. These results will give you fairly accurate tests. Onion and parsnip seed are not good for more than one season. So it would be best for you to order new seed of these anyway.

There are ample supplies of fertilizers, spray and dust materials but make your plans now and order your supplies early so as to be assured of what you need. It would be still better to purchase them early and then you will have them when you need them. Keep all of these materials in a dry place. Moisture will cause lumping of fertilizer or dust materials, even to the extent of weakening their strength. If fertilizers left from last year have lumped slightly, spread out on the cement floor of your garage and with the back of a shovel or with a short piece of a 2" x 4", break the lumps up so that the material will be in powder form. It will then be usable on your victory garden this season.

Ask the Victory Garden committee in your community to help you if you need it, or contact the Essex County Agricultural School for further information in Victory Gardening.

C. M. Stearns



4-H Club Notes



4-H GIRLS' DAY

It isn't too early to look ahead to your June calendar and put a circle around the 3rd of the month, the date set for 4-H Girls' Day. All 4-H club girls will be invited to attend this function at the Essex County Agricultural School in Hathorne, so start thinking about it now. Plan your exhibit date so that all projects will be completed by the end of May. The county contestants will be chosen at these exhibits, so everyone be sure and start thinking about the future now.

Margaret M. Fitzpatrick
Asst. Co. Club Agent

CLUB NOTES

The Highland Gang II of Danvers, led by Virginia Bennett reports that all members of their club have visited the dentist since school started, carrying out their 4-H slogan of "Protect Your Smile". They are also busy giving demonstrations at their club meetings on such topics as setting the table and preparation of fruit for breakfast.

The 4-H Victory club of Merrimacport have reorganized their club with Mrs. W. W. Bigelow as their new leader. They are learning various stitches in preparation to making holders.

The Handy Homemakers of Middleton are meeting regularly at the home of their leader, Miss Annabelle Sylvester. Now that they have finished making valentines and place cards for Washington's birthday they are working on model chickens. They are continuing their community service work of collecting fat, making cartoon books and sending packages to the Merchant Marines.

Beverly has started its 4-H club work again under the direction of Miss Harriot Ware of the Beverly Health Center. Seventeen foods and clothing clubs have been organized and are now underway. The boys are having food clubs. Each club is choosing a member of their club to give a talk on "Protect Your Smile", and also give a demonstration on making homemade toothpowder.

The Cangapose 4-H Club of Saugus entertained their mothers and others at a guest night recently at the home of their leader Mrs. Charlotte Bedell. A demonstration was given on "Care of the Hair", following which the girls worked on their aprons and conducted a business meeting. Preparations were also made for Marion Parkman and Marilyn Comfort to take part in a radio broadcast on "Protect Your Smile".

The Busy Stitches have completed the 4-H aprons under the direction of Mrs. Mae Provenzano of Saugus. They are now making sewing bags which they hope to have completed for their Parents' Night.

AROUND THE COUNTY WITH THE BOYS' CLUBS

The West Newbury Dairy Club led by Ralph Woodworth and Mr. George Kimball met with the club agent and planned a yearly program. The club was presented with a \$10 cash award for doing the most outstanding Dairy Club work in the county. Sound moving pictures were shown on Mastitis a Disease of the udder of dairy cattle.

Mr. Harley Leland, Assistant State Club Leader attended the next meeting of the club and gave an illustrated talk on the "Composition and Uses of Milk".

The Red Rooster Jrs., Poultry Club of Saugus led by Paul Corson had a talk on grading and candling eggs. Paul also leads the Red Rooster Club of Saugus and they enjoyed colored slides on Camp Leslie. The club reported that all members are buying war stamps.

The 4-H Bird Club of Ipswich led by Miss Jennie Johnson have put up two window feeders in their school room and four feeders around the school grounds. They have also started a collection of bird's nests.

All Ipswich 4-H Clubs sold tags for the Infantile Paralysis Drive. Over \$250. was raised for this fund by the 4-H members.

Alfred Jewett 4-H member of Ipswich recently purchased a purebred calf.

William Marshall of Georgetown 4-H dairy member having successfully raised one calf to a milking animal has now started with his second animal, a purebred Guernsey.

The West Boxford 4-H Handicraft Club recently learned a good deal from a demonstration given by Mr. Harley Leland on squaring stock, sanding and adjusting a plane. The club members are emphasizing home repairs. They have assisted or done the following things: laid a floor in a chicken house, fixed a pig pen, roofed a hen house, put on a house door, made a rabbit pen, put in a pane of glass, fixed a calf stanchion, and put on storm windows.

The Poultry Rangers of Danvers led by George Yale had a meeting on Poultry Judging. The next meeting held by the club was on the Care of Baby Chicks and Eggs.

Donald Lambert of Methuen a 4-H club member worked a total of 631 hours on the farm last year.

The West Gloucester 4-H Agricultural Club recently met with the Club Agent and planned a yearly program as well as seeing some educational films. The next meeting of the club was devoted to Instructions on Ordering Seeds. Many of the boys have planned their 4-H gardens for the spring planting.

The Poultry clubs of Saugus are making Grain Scoops to be used on their poultry project.

TENT CATERPILLAR CAMPAIGN

Tent caterpillar campaign now through April 15. Fifty dollars in cash awards are offered by the State Department of Agriculture and the Society for the Promotion of Agriculture to be awarded to the 4-H clubs and individuals which collect the greatest number of egg masses. Each egg mass contain about 350 potential caterpillars. If 500 egg masses were collected by a 4-H club and destroyed that alone would control 175,000 caterpillars and that number can eat a lot of foliage of both apple trees and cherry bushes. Let's collect the egg masses now. 4-H Leaders should keep track of the number collected by each member and by the club. They should be destroyed by fire or by crushing.

NEW CLOTHING CLUBS

Four new clothing clubs have been organized in Saugus. The Dependable Sewers are under the direction of Miss Edna Jones; the Sew-along 4-H Club is being led by Mrs. Justina Robinson; Mrs. Benjamin Chute has the Silver Thimbles; and Mrs. Ada Christensen is leader of the Thrifty Thimbles club assisted by Mrs. Wm. Cummings. Mrs. Lillian Russell is organizing another club in North Saugus.

GOOD NUTRITION

If all families were to follow a moderate-cost food plan which would assure good nutrition, at least a fifth more milk and citrus fruit and tomatoes would be needed than were available in 1943, and twice as large quantities of green and yellow vegetables.

LABOR DAYS

Farmers and their families worked more hours per week in 1943 and more Sundays than in any year known to this generation.

The Batts Hill Club led by Mr. Victor Stevens met with the Club Agent and each member gave his project for the year. Several boys are carrying more than one project. This club plans to buy some 4-H banners and flags to decorate the club room. They now have over \$30 in the treasury.

The West Boxford Agricultural Club recently organized for the year. This club is lead by Mr. Sweet. A program was planned for the year. The meeting ended with the playing of games and refreshments.

Essex Farmer and Homemaker

VOL. 26

HATHORNE, MASS. APRIL, 1944

NO. 4

Entered as a second-class matter, May 28, 1919, at the Post Office at Hathorne, Mass., under the Acts of August 24, 1912.

Miss Billings Appointed

Miss Beatrice E. Billings succeeded Mrs. Annette T. Herr as State Home Demonstration Leader on February 1, 1944.

Since the fall of 1935 Miss Billings has been associated with the Massachusetts Extension Service as Demonstration Agent at Large, and has carried on the duties of the State Leader on several occasions in the absence of Mrs. Herr.

Miss Billings' experience in State and County Home Demonstration Agent work gives her a keen insight into and knowledge of the organization which is necessary for successful Extension Service teaching. She has a broad vision of the needs of the farm and rural people. Of course, Miss Billings is no stranger to Essex County, having, in addition to her contacts with the County Home Demonstration Agents and County Advisory Council, been a speaker at numerous Extension meetings in the county.

Miss Billings is a native of Dorchester, Massachusetts, and a graduate of Framingham State Teachers' College. She was Home Demonstration Agent in Middlesex County from 1924 to 1929. She has studied at Cornell University, and was for five years Director of Home Economics at the National College of Education, Evanston, Illinois.

She has been active during the war in promoting the solution of farm labor problems through the activities of the Women's Land Army.

She has many friends in Essex County who will be glad to know of her promotion in Extension work in this State.

THE FARM CONTACT FOR 1944

The AAA has practically completed the farm contact in this County. A fairly large list of second hand farm machinery has been prepared and is available to anyone interested.

Among the numerous types of equipment listed are, tractors, wagons, trailers, dump carts, cultivators, harrows, plows, seeders, hay rakes, mowing machines, spray machines, and spray booms, cultivators, electric motors, gasoline engines, harness, poultry equipment, and other miscellaneous equipment. Several pieces of potato equipment such as planters, diggers, graders, etc., are listed and some of the equipment is in excellent condition.

If you are interested in this equipment write the Agricultural Adjustment Agency, Room 34, Essex County Agricultural School, Hathorne, Mass.

Let's Get Rid

of the Rats!

Spring campaign against these pests starts April 1.

Do you know that the people of Essex County are paying over 2 million dollars annually to support rats? It is estimated that there are as many rats in Essex County as there are people and each rat causes an estimated loss of three to four dollars per year.

On April first, the Trustees of the Essex County Agricultural School are asking you to put out your poisoned baits. Arrangements have been made with the Essex County Cooperative Association at Topsfield to handle the one ounce cans of Rodenticide produced by the Fish and Wildlife Service, which will make up four pounds of bait. Instructions on the use of this poison will be given you at the time of purchase. Other Rodenticides containing Zinc Phosphides may be obtained from your local dealer.

One of the causes of this situation according to Edward C. Hutchinson, of the Fish and Wildlife Service, is that there is too much complacency and indifference on the part of some folks who have serious rat problems. Many people have the attitude that they have been bothered with rats for years and probably always will be, so why should they do anything about it?

There are many things that folks can do now, to help rid themselves of this ruthless enemy.

Rats require both food and shelter, and they cannot exist where both are lacking. An effective means of ridding premises of rats is the elimination of all harboring and breeding places. Clean and orderly premises discourage rats, and the ultimate solution to the rat problem is sanitation and ratproofing. Garbage should be kept in tightly covered receptacles, or burned; it should not be thrown into alleys, vacant lots or mixed with rubbish or ashes. Food-stuffs and grains should be protected by storing them in ratproof buildings, rooms, or containers. A few dollars spent on preventive measures will save food greatly needed at the present time.

Where there are many rats the most efficient means of controlling them is by poison or by fumigation.

Rats are selective in their food choices and when we knowingly attempt to feed them, they become instinctively suspicious. Old rats are wary, and often allow young rats to sample food first. If noth-

Frederick Butler

On Friday, March 3, 1944, Frederick Butler of Andover, a member of the Board of Trustees and County Commissioner, passed away at his home. Although he had been in poor health for a considerable period of time, his immediate illness was of short duration and his sudden passing away was a shock to his many friends.

Mr. Butler had been a member of the Board of Trustees of this institution since 1923, at which time he became County Commissioner. He has always shown a most friendly interest in the school and many graduates and former students will regret to learn of his death. Our sincere sympathy is extended to the members of his family in their bereavement.

In their March meeting the Board of Trustees recognized his passing from our midst by the adoption of a suitable set of resolutions to be spread on the records of the Board.

FOOD PRODUCTION FOR 1944

J. W. Dayton

There has been less of the sound of bugles and of bands playing this year, to rouse the nation to food production. But the need for our greatest production is no less. It is even greater than last year.

Every year since 1937 American farmers have made new records in production. In 1943 they raised 32% more food than in the years from 1935-1939. Even in relations to population our production has increased by 27%.

During 1943 we used 13% of this production to feed the army and our other armed forces. 12% went to our allies on lend-lease. This left 75% for civilians and almost the same amount that we had before the war. But incomes are greater and people want more food and more of some of the more expensive foods. Therefore rationing is necessary and some foods are scarce. While we have the same amount of total food as before we do not have just the same foods, and as the war goes on we may be faced with more and more of a change from livestock products to crop products, vegetables, potatoes, cereals, etc.

Our greatest military demands for

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Essex Farmer and Homemaker

HATHORNE, MASS.

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FOOD PRODUCTION

(Continued from Page 1, Col. 3)

food may come during this year. Huge reserves will be needed to support the invasion of Europe. Nations liberated must be fed until the end of the first crop year. This was our experience in North Africa.

Our major goals for 1944 include: milk-109% of 1943, Eggs-100%, Broilers 80%, Corn-107%, Potatoes-104%, Vegetables-103%, Victory gardens-120%.

We are close to our maximum production now, but with good weather still a new record may be made.

Home food production needs are as great as they were a year ago. We are now passing through a period when meat, eggs, milk and canned vegetables are quite plentiful. By summer this situation probably will change considerably. Milk, eggs and meat will again become scarce. Farmers should plan to raise their home food supplies. Victory gardeners again have an opportunity to make a real and important contribution to the war effort.

What are some other things we can do as commercial farmers? (1) If we are dairymen do everything possible to increase hay and pasture.

(2) Grow more corn. It is our best grain crop and grain supplies cannot possibly be abundant. (3) Protect our crops from insects and disease to avoid all unnecessary losses. (4) Work for high yields, their use of plenty of fertilizer and good crop management. (5) Give thought to ways of saving labor. Study your methods with the eyes of an outsider, and question your ways of doing things. Most of us can find some short cuts. (6) Take time to train inexperienced help before putting them to work. (7) Take good care of all machinery, trucks and tractors. (8) Order all supplies, repair parts and equipment well in advance.

There are encouraging factors in the situation this year. Farmers are accustomed to working under war time conditions and know how to adjust opera-

GARDENING AND CANNING PLANS

This is the time to plan the garden according to the needs of the family. Following the suggested "Vegetable Budget for One Person for One Year" will insure the right amount of fresh, canned and stored vegetables for each member of your family. It will avoid the condition that exists in a few homes at the present time; namely, more jars of any or all products being canned than the family can use this year. Plan to can only what you need for a year.

If you are interested in obtaining a pressure canner this year they are now coming on the market. It is not necessary to have a purchase certificate in order to buy a pressure canner. The pressure canners available are a very satisfactory type, 400,000 water bath canners are also to be released between now and June 1. If you prefer this type and do not have one it will be possible for you to purchase one. Other canning supplies including jars, covers, rubbers and disks for the 2-piece Mason type will be available quite generally.

If you are interested in having the pressure gauge on your pressure canner checked for accuracy get in touch with Miss Katherine M. Lawler, County Home Demonstration Agent, at the Essex County Agricultural School. A copy of the Vegetable Budget for One Person for One Year may also be obtained from Miss Lawler.

Make plans for a garden now if you have not already done so. Check your canning equipment and canning supplies and plan to purchase as soon as possible anything you may need for this coming season.

Katherine M. Lawler

MERINGUES

Egg whites play many an important role in cooking. Probably, they are at their best when converted into delicious meringues. Occasionally, they disappear in this role, however, because not understood and not treated properly. Instead of luscious, delicate fluffs, they turn out to be shrunken and tough disappointments.

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tions to requirements of war time regulations and limitations. The routine is well established and fewer changes are likely. The agencies themselves have learned how to carry on their work and make fewer errors in judgment and understanding than during the early days of the war. We have turned the corner on certain articles of supply and equipment. We may expect some things we greatly need to become somewhat more available. And perhaps most important of all we are working with the knowledge that the war itself is progressing toward a successful conclusion.

ESSEX COUNTY LUMBERING

A year ago there was very little logging in Essex County. Considerable standing timber was available but the prices offered were far below its value. Local operators appeared to follow the prices prevalent in states to the North, ignoring purposely or otherwise the fact that standing timber in Essex County was worth much more on account of nearby improved roads and markets. There existed a buyer's market for stumpage and a seller's market for sawed lumber in which the landowners selling standing timber did not receive their fair share.

This situation invited competition and outside operators were quick to see the opportunity afforded. Already this year several millmen have moved in their mills and have bought considerable timber. In addition several operations have been started by individuals who were not formerly in the lumber business.

Some of the lumbermen are paying fair prices for standing timber but many are not. Timber land owners should realize that it is no longer a buyer's market. A fair price can be realized for stumpage.

Anyone having timber for sale should take the time necessary to get the timber appraised. Get in touch with your Farm Forester or a Consulting Forester and find out what your timber is worth. Do not sell until provisions have been made for proper cutting regulations. Have a clear understanding with the operator on just what timber is to be cut. A good way is to mark the trees in advance of sale.

Essex County is making a splendid contribution of lumber for the war, but woodland owners should sell wisely and prevent their forests from becoming denuded. The demand for lumber promises to be good after the war is over. Owners need not be stampeded into hasty selling by the suggestion that it is now or never.

Ezra I. Shaw
Farm Forester

GET RID OF THE RATS

(Continued from page 1, col. 2)

ing happens to them, the old ones feel it is safe to go ahead and eat the food. Therefore most effective results will be obtained by pre-baiting, which consists of exposing fresh, unpoisoned food baits in order to discover what food the rats accept best, where and how much at a feeding. Later on, poison is added to the favorite food which is made up and exposed exactly as during the prebaiting period.

Where there are only a few rats, they can usually be destroyed with traps. An important thing to remember when applying this type of control is to use plenty of traps and change the type of bait and placement of the traps frequently.

Remember: Winning the War entails the producing of agricultural crops and protecting them in storage! Inasmuch as rats are serious obstacles in the path of attaining these war objectives, every effort must be made to control them.

SUPPLEMENT

Essex Farmer and Homemaker

SCHOOL NOTES

APRIL, 1944

ENGAGEMENTS

The engagement has been announced of Lt. Eleanor Irene Burbeck, A. N. C. to Sgt. John Edward Griffin, U. S. A. of Waycross, Georgia. Both are stationed in the South Pacific. Irene graduated from Essex Aggie in 1935. Before leaving this country Irene had charge of the operating room at Fort Banks and is now serving in the operating room of a hospital ship in the Pacific.

Charles "Gabby" Gibbs a former student writes from the South Pacific area and gives the news of his engagement to Jane Gallagher a former homemaker student. Jane is making her home in East Boston and they expect to be married as soon as he returns to this country.

Arlene Marie Crossman '41 is engaged to PFC Charles A. Griffin Jr., no date has been set for the wedding.

WINNERS IN PUBLIC SPEAKING CONTEST

The annual Public speaking contest was held Wednesday, March 8 in the assembly hall at the Essex County Agricultural School. Leo J. Hebert Jr., of Saugus was awarded first prize, Benjamin Sayles of Andover, second place, Mary Elizabeth Carey, North Andover, third place and Owen Lowe of Methuen fourth place. Hebert took for his subject "Agriculture after the War"; Sayles' subject was "Food Production on the Home Front"; Mary Carey spoke on "The Farmerette and the New Post War World"; while Owen Lowe a freshman at the school spoke on "George Washington our First American Farmer".

This was a joint assembly Miss Lucy Hartman of Danvers was at the piano and Baron Fryer one of the student gave several Clarinet solos. The judges were the following instructors at the school: Fred R. Hardy, Ellery E. Metcalf and Philip H. Couhig.

HONOR ROLL

The third term Honor Roll for the Agricultural Department has been released, **Seniors**:—Mary E. Carey, North Andover, Clifford Gaudet, Andover; **Juniors**:—Leo J. Hebert, Jr., Saugus; Bradford Trethewey, Marblehead; Gilman Whitman, Danvers; Benjamin Sayles, Andover; **Sophmores**:—Norman

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(Of the Supplement.)

LET'S HAVE SPONGE CAKE FOR EASTER

Now that eggs are cheaper and more plentiful, it is a good time to make Sponge Cake. Sponge cake has the added advantage of not requiring shortening, and since most sponge cakes are served without frosting a sponge cake helps us to save sugar.

True Sponge Cake

- 1 cup flour
- 1 cup sugar
- 5 eggs
- 1 Tablespoon lemon juice
- 1 teaspoon lemon rind

Measure and sift flour four times. Sift sugar four times. Grate the lemon rind. Separate the egg whites and yolks into two bowls. Beat the whites in one Position until stiffly beaten. Move to another position until all the whites are stiffly beaten. Beat but do not stir. Fold in half of sugar. Beat egg yolks and add rest of sugar. Beat 'till light colored. Add lemon juice and rind. Fold the egg whites into the egg yolk mixture. Fold in the flour a little at a time. Bake in an ungreased tube pan.

Have oven at 250 degrees F., for 15 minutes, then at 275 degrees F., for 15 minutes. Last of all at 300 degrees F., for the rest of the time, which is until the cake is evenly browned, and shrinks from sides of the pan.

Invert cake and pan on rack and let stand to cool. Do not use a knife to take the cake out of pan. Just tap the edges of pan and cake will fall out. Sponge cake will be lighter if instead of cutting it with a knife, the pieces are separated with two forks held back to back.

Eleanor Moore

ANOTHER GOLD STAR

Another gold star has been added to our Service Flag. Word has been received of the death of Pvt. Orin W. Woodman of Byfield who was killed in action in Italy on February 2. Besides his father he leaves his wife Mrs. Madeline (McGlew) Woodman who is living with her parents in Newburyport.

WEDDINGS

March seems to be the month for Essex Aggie weddings this year.

PFC. Ralph Reynolds and Ada Fothergill both members of the class of 1942 were married on March 15 while Ralph was home on furlough.

Warren Towne who is a Petty Officer in the Navy and member of the class of '37 has been home on furlough after 27 months in the Pacific. On Sunday March 12, he was married to Olive Purdy of the class of 1938. When Warren returns to San Francisco, Olive will return to Dennisport where she is Home Economics teacher and in charge of the school lunch room.

T. Sgt. Warren Nelson of Methuen is home from the South Pacific where he was with the Air forces. On March 19 he was married to Olive Judge. Both are members of the class of 1940. They will live in Atlantic City where Warren is to be stationed for a brief period.

ESSEX CHAPTER F. F. A. GIVES \$25 TO RED CROSS

The Essex Chapter of the Future Farmers of America voted at a special meeting to give \$25 to the American Red Cross. Only two weeks ago they voted to purchase three \$100 War Bonds.

Coleman Lee of Groveland, president of the Essex Chapter presided at the meeting and awarded Chapter pins to the following who were voted in as members of the Chapter with the degree of Chapter Farmers, the first of the three degrees they may win:—Ernest Cochran, Norman Nault, of Lawrence; Philip Webb, Ballardvale; John Horgan, Danvers, Robert Reinhold, Beverly; and Robert Colby, Newbury and Charles deGrandpre of Ipswich.

FILMS

On March 8 and 9 pictures prepared by the National Fertilizer association were shown to the Agricultural department. They were obtained by Mr. Perkins from the Mass. Extension Service. The films illustrated the growing of various crops in different parts of the country. Lettuce, sugar beets and celery grown in California were shown in detail.

During the latter part of March several color and sound films have been shown including films from the Esso Co., on Petroleum and Texaco Co., on "Care of Farm Machinery", and "The 1943 World Series Baseball Games".

Leo DuBois

COLOR PHOTOGRAPHY

Color photography is more expensive than black and white photography, but it is perhaps more interesting. When you purchase the film the cost of developing the color pictures is included in the film price.

When the film is exposed you mail it back to the Kodak Co., to be developed. They put the negatives into slides and mail them back to you. If you have a projector the pictures can be shown on a screen. If a person wishes to have a colored picture made it would cost 75¢ a print. People who like to take pictures and think they are ready to take colored pictures better make sure how to take good pictures with distance and focus adjusted correctly. Do not buy a Kodachrome film and just take a few pictures, because this film is too expensive to waste.

Verla Yonetz

GONE BUT NOT FORGOTTEN

(We Hope)

When you read this article all members of the Agricultural students of the Senior Class will have left E. C. A. S. never to return as students. They have gone out on their last summer projects. We the members of the Senior class will carry with us fond and happy memories of the years spent together. We will also remember our instructors and all personnel of the school. All were understanding, kind and patient. We hope they too can put a kind memory of us away in their memory chest, along with their memories of our naughty and mischievous ways. Now we have grown up and are going out to get our share of the world's bumps. Think of us sometimes and wish us success.

We realize how important class reunions are, now that we are leaving our classmates to go our individual ways, and we must get together and have regular class reunions.

How about it classmates?

Farewell and God Bless You All.

Mary Elizabeth Carey

HONOR ROLL

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(of the Supplement)

Nault, Lawrence; Charles deGrandpre, Ipswich; Robert Reinhold, Beverly; 2X Division:—Andrew Stahre, Gloucester; R. Donald Henderson, Andover; Owen Lowe, Methuen; John Leder, Marblehead; Harold Herrick, Haverhill; Freshmen:—Phillip Boyd, Danvers; Robert MacLaren, Malden, James Fitzgerald, Salem; George Staples, Salisbury; Edgar Roberts, Amesbury; Malcolm Fowler, North Andover; Howard Bradstreet, Topsfield.

REPORT OF FARMERS' DAY

The farmers and homemakers certainly turned out in goodly numbers for the 30th annual Farmers' and Homemakers' Day on March 15. The assembly hall was filled for the morning meeting to hear Acting Commissioner of Agriculture Louis A. Webster tell us that we would have ample food for our troops and our selves but we have yet to prove that we can be the world's bread basket as well as being the world's arsenal. He said "I can't see Civilians being kept on too strict a diet in an election year". Mr. Webster warned that we may have a poor growing year, the past two have been exceptionally good. He hoped that the grain especially the corn situation would ease a bit with the fewer hogs being raised this year but struck a warning note when he stated that he was afraid we were feeding tomorrow's corn today.

State County Agent Leader James W. Dayton spoke of planning now for the post war years. He said prosperity in farming is always tied up with prosperity in industry and the cities. He said that there would be the biggest and most rapid changes after the war and farmers should be planning today for the change.

Dr. Margaret Mead of Washington D. C. told the afternoon group of homemakers, about the English Homemakers during the Blitz of London. Dr. Mead was quite concerned about our diet. She said it was far better to reduce the entire diet and have a little of all foods than to eliminate one thing entirely and thus have an unbalanced diet. She said we must build a stock pile of food for release to the liberated countries when they will need them. Every time an American housewife purchases a can of commercially canned food she is depleting that stock pile by one can.

The evening program was attended by over 100 people in spite of a snow storm. Prof. Paul Dempsey gave a very interesting talk on the experience and experiments that he and Mrs. Dempsey have made with their home freezer units. He also spoke briefly on planning the 1944 vegetable garden.

The commodity groups held their meetings during the afternoon and all were well attended. Among the outstanding speakers were Dr. O. B. Kent, manager of the Feed Service department of the Quaker Oats Co., Jonathan Davis, of Sterling, Mass., Walter S. Hopkins, Jr., of Reading as well as the many specialists from Massachusetts State College, and State Department of Agriculture.

A surprise feature of the morning and afternoon programs was the arrival of a group of colored singers from the 3131st Quartermaster corps at Fort Devens under the direction of Chaplain W. B. Adams. These soldiers sang at the close of the morning program gave a half hour concert during the noon hour and visited all the afternoon meetings where they sang their spirituals.

ECHO CLUB NOTES

During the month of March the members of the Echo Club have cooperated with the American Red Cross drive. A gift of ten dollars was voted from the club treasury. In addition a box marked with a Red Cross was placed in the Student Cafeteria to receive individual contributions.

Another ten dollars was voted from the Echo Club funds for thread, buttons and trimmings to go on the garments which the Clothing department is making for the Red Cross.

The members of the club attended a joint assembly at which Gil Dodds the runner gave a very inspiring talk on the subject, "Running the Race of Life".

On Thursday March 16, the members of the student body enjoyed a movie released by the Ball Jar Co., entitled "You Can, Too". This movie showed the use of various canning techniques, including the preparation of jars and food, as well as the use of the pressure cooker and water bath.

Cynthia McAuley

MERINGUES

(Continued from Page 2 Col. 2)

The first step in securing the maximum of fluff, is to have the whites at room temperature. Second, in importance, is the proportion of sugar to white. For best results allow 2 level tablespoonsful to 1 white. If too little sugar be used the meringue collapses. With too much sugar trouble develops in the browning. The third step to success is the addition of the sugar at just the right stage when they will just barely hold their shape, add a few grains of salt and sprinkle 1 tablespoon of sugar at a time, beating well between additions, continue to beat until the fluff is stiff and velvety smooth. By this time all the sugar should be dissolved and the meringue a glorious fluff of glossy peaks.

If the meringue is to top a filled pie-shell, be sure the filling is cool before putting on meringue. Meringue put on top of a hot filling is apt to grow sirupy on the bottom and, when cut, will tend to slide off. Swirl the meringue on and take special care to have it touch the crust all around the edge. This sealing helps to keep the meringue from shrinking in the oven and also from sliding off when cut.

Finally, put the meringue covered pie in a pre-heated oven at 350 degrees and allow it to brown about 15 minutes. If heat is to slow meringue tends to shrink. If heat is too high meringue browns before it has time to set.

Meringues, to be used to top individual desserts, may be cooked in several ways. They may be dropped by spoonfuls on to waxed paper or a cookie sheet and baked in 350 degrees oven, and then slipped off with a spatula on to desserts. Meringues may be cooked on top of water which is at simmering temperature. To do this drop meringues by tablespoonsful on top of the hot water and leave until they stiffen; then remove them with a perforated skimmer on to desserts.

IT IS THE LITTLE THINGS THAT COUNT

These are times when war-time budgets do not probably permit major changes in home decoration, but possibly a few changes may be made in some room which will cost little or nothing, yet bring big dividends in satisfaction and content.

A living-room, or any room for that matter, should be restful, convenient and attractive, and it is more important than ever that we have a restful home atmosphere now.

Let us consider then a few of the little things that possibly matter.

1. Be sure that rugs and main articles of furniture are parallel with the walls. Nothing so brings confusion into the design of a room as diagonally placed furniture and rugs.

2. If possible see that end tables match the height of your sofa or chair arm.

3. Coffee tables are often too high and are more usable if the table top is level with the lower edge of the sofa cushions.

4. The size of the lamp bulb is very important. Specialists tell us that we are likely to become a near sighted nation if we are not more careful with our lighting. Use two 60 watt bulbs for a table lamp, a 75 watt bulb in a bridge lamp, and in a semi-indirect lamp, not less than 63 inches high, use a three-switch bulb with 100 watts for soft light, 200 watts for casual work and 300 watts for reading and bridge.

5. Do hang pictures low enough to be enjoyed by persons seated as well as by those standing. Too many people hang their pictures too high. Also, hang small mirrors as though they were pictures.

6. Group small pictures of similar design and framing into one interesting collection. If hung singly or tucked in corners they become very unimportant. Pairs of pictures are smarter if they have matching frames, but it's not necessary that all frames in a group be of the same wood or color.

7. Sometimes small pictures may be combined with larger more important ones, thus bringing them into a pleasing composition.

8. Why not group the pictures of the family, also, into one interesting collection, all framed as similarly as possible?

9. Last, and perhaps it should have been first, be sure there are not too many things around. Simplicity should be our key-word these days when we are all busier than ever before, and have less time for dusting unnecessary. The simplest way to eliminate is to have only those things which are really needed to make the room attractive.

Margaret R. Harris
Instructor in Related Art

LIDS FOR CANNING

Supplies for the manufacture of glass jars for home canning remain unlimited. Canning closures for small mouthed jars will be limited. Zinc Mason tops will be restricted to 60 per cent of the '41 production.

ODD BITS FROM HERE AND THERE

After the war, Aluminum is expected to appear not only in its old familiar forms, but as a metallic thread as well. As such, it is expected to appear in dress fabrics, bags and shoes.

The French Textile industry still continues to exist, in spite of heavy looting by the Germans. It makes use of an odd collection of raw materials. A month after the fall of France, the original stocks of cloth were practically non-existent. With the use of hand-loomed odd little textile industries are said to have sprung up. Some interesting tweeds have been made from the long fibrous strips of the green and yellow cactus plants which grow along the South of France. Goat's hair, cat's hair and even the fine hair of French Poodles have made a supply of fibers which are reported to give satisfactory results.

Spanish broom and a reed called "lypha" are used for coarse grade textiles, such as sackings. Heather is being adopted as a substitute for linen.

These are some of the "ersatz" materials which the French textile industry must use to fill the wide gap between the need and the raw material supply.

In the manufacturing trades, an "electric eye" device has been introduced which safeguards workers operating high powered electric sewing machines, and at the same time increases their efficiency. It was originally developed for blind operators, but will probably soon be found on both commercial and domestic machines. This device is a photo electric control system which brings the machine to a complete and sudden stop the moment an operator's hands approach dangerously near an attached light. Any break caused by the nearness of a hand or bunching up of fabrics, in the beam of light which shines from the top left side of the machine to the presser foot, automatically stops the power of the machine. The same attachment also has two small switches which tell blind workers through a buzzing sound, whether a sewing thread has run out or been broken. One tone indicates a break in the needle thread, another and lower tone signal indicates a break in the bobbin thread.

Anna J. Smith

GARDEN CHAT

Victory Gardeners who are growing early set plants of cabbage, lettuce, tomatoes, peppers and the like should carefully watch temperature, ventilation and amount of water applied. Soft and spindly growth will be the results if one is not careful. Keep plants fairly cool unless you were late in starting and on the dry side as far as watering is concerned, and on each sunny day give a change of air or allow ventilation. These are prerequisites of good plant growing.

Gardeners should not turn over soil too early for planting of seed. Soil which is heavy or wet will lump badly and will stay in that condition during the entire season. A good test to follow as to proper time of plowing or forking over soil is: take small amount of soil in your hand and if with a slight pressure the soil particles fall apart you can be assured that the soil is dry enough to work. On the other hand if the soil particles do not fall apart with a slight pressure but a ball of soil is kept and it seems heavy, wait until the soil has dried out more.

As soon as you can prepare your soil in the garden it will be safe to plant the seeds of cool crops, such as peas, spinach, Swiss chard, lettuce, cabbage, onions, beets, carrots, turnips, broccoli, endive and radish. If you haven't a garden plan and would like one, specify the size of your garden and let the Essex County Agricultural School know and the Vegetable Department will be glad to send to you by return mail a suggested vegetable garden plan.

Generally speaking 50 lb., of 5-10-5 fertilizer per 1,000 sq. ft. will grow satisfactory crops. If your soil was not limed last year, it might be well to have a test made to determine the degree of acidity. Land to be planted to potatoes should not receive any lime or hard wood ashes.

Do not burn over grass land prior to turning over for garden purposes. All this growth should be turned under to add organic matter to the soil and to aid in retaining of moisture for the growing of vegetable crops.

Carlton M. Stearns

ENOUGH SEED POTATOES FOR RECORD PLANTING

The largest supply of seed potatoes in history is now available for the farmers of the nation to make another planting record.

Sharp increases in acreage last year in 23 out of 27 seed potato producing states jumped the 1943 production of certified seed potatoes from the previous high of 20,491,817 bushels.

Supplies of certified seed potatoes, plus war-approved grade seed potatoes, make a total of 41,667,000 bushels which will be available to farmers this spring and summer.

Both certified and war-approved seed potatoes are tagged to show the name of the grower, or grower's number, and the name of the state certifying agency. Although certified seed potatoes are recommended as first choice for planting purposes, the use of war-approved seed is recommended where certified seed is not available. The war-approved grade is a new grade established in 1943 by the State Certifying agencies in conjunction with the War Food Administration. Tolerances for defects or inherent weaknesses are greater for this grade than allowed for the premium certified seed potatoes.



4-H Club Notes



4-H FOOD PRESERVATION

Many girls' 4-H clubs are already making plans for their summer projects. They plan to plant Victory gardens and then can their products. It is not too early to start thinking about this work now. Plan your garden so that you will have sufficient produce of the varieties your family likes to can for next winter. Plan your canning with your planting and you will then be sure of sufficient foods for next winter. If your 4-H club has not already signed up for a canning club this summer, don't hesitate! Do it now! It isn't too early to start checking your equipment so that you are one step ahead when the first canning day comes.

AROUND THE COUNTY

The S. O. S. club of Hathorne has completed painting and fitting their sewing boxes and are now making stuffed toys. As their community service they are collecting cat-nine tails with their leader Mrs. Byron E. Colby.

The Middleton Greenettes have recently celebrated their first anniversary with a party at the home of their leader, Mrs. Gus Fischer. The anniversary cake had one candle on it. The club also held an all day meeting during their vacation to complete their dresses. Each girl brought her own lunch to the meeting.

The Dependable Sewers of Saugus are making dirndl dresses under the leadership of Mrs. Edda Jones. The girls are also making comic scrap books for service men as their community service.

The Busy Clover buds of Danvers recently entertained their mothers at a party at the home of their leader, Mrs. Andrew Tanner. The girls each made a holder to give to their guest as a favor.

The Flying Needles club of Saugus have completed their dummies and are now ready to start a new article. The club held a Record Hop, the proceeds of which are to be used for camp.

The Victory 4-H's of Amesbury led by Mrs. Arthur Briggs have completed their first article and are now making dresses and aprons as their second projects.

Mrs. J. Stanley Bennett has organized a new clothing club in Danvers. The girls plan to make 4-H Uniforms as their first problem, so that they will be prepared to wear them in the Memorial Day Parade.

FARMERS' DAY

Essex county 4-H girls participated in Farmers' and Homemakers' Day by exhibiting many of the things they have made this year. Seventy-eight girls entered their clothing and home furnishing and 23 girls entered their canning in the contest. Girls who were worthy of recognition for their exhibits will receive war stamps as prizes which were awarded by the Farmers' Day Committee from the general fund.

MY COW

By Peter Yates, age 12 years, a Newbury 4-H Club member.

Oh! dear cow
So sweet and dear
Why do you make me shed a tear?
For I would rather sing a solo
Than go home at night and eat alone.
Oh! sweet cow with two long horns
That are sharp as two steel prongs
There is but one question
I would like to utter
Oh! dear cow, Where is the butter?

BOYS' CLUB NOTES

The West Gloucester Agricultural club led by Robert Anderson and assisted by Harold Coleman met and discussed "How to make a hot bed and cold frame for starting plants".

The Hannah Dustin Dairy club of Haverhill discussed Holstein Cows at a recent meeting. They also had a dairy cattle judging contest from Hoard's Dairymen magazine conducted by Assistant State Club Leader, Harley Leland. The boys in this club have started scrap books.

The Batts Hill Agricultural club of Salisbury is collecting paper. The club has also ordered flags from the national 4-H club committee to decorate their club room. They voted to pay one half the expense of three boys to Camp Leslie for one week this summer.

The Merrimacport 4-H Agricultural club has reorganized for 1944 under the leadership of Mrs. L. Foster Powers, assisted by Lee Powers. The club planned a yearly program and enjoyed Mr. Harley Leland as guest speaker.

The Red Rooster club of Saugus led by Paul Corson recently held a meeting on Baby Chicks. Mr. William Moore of the Wirthmore Co., was the guest speaker. This club is active in the tent caterpillar campaign. The club is making plans for their 11th annual banquet.

TOTEM POLE PRESENTED TO CAMP LESLIE

The North Shore Council of Boy Scouts presented the 4-H members of Essex County with a beautiful handcarved Totem Pole. The carvings on the Pole illustrate the origin and growth of 4-H Camp Leslie.

This pole was presented at an assembly program at the Essex County Agricultural School on March 1. This assembly was attended by Future Farmers of America, Boy Scouts, Girl Scouts and 4-H club members.

Clifton Morse of Troop 5 of Peabody made the presentation and Coleman Lee of Groveland, who is president of the Essex Chapter Future Farmers of America and leader of a 4-H Club in his home town, and a former Boy Scout accepted the pole for the Essex County 4-H members.

Director Mostrom presided at the meeting and introduced the speakers who were Lawrence Jones, President of the North Shore Council of Boy Scouts; Conrad Tronerud, chairman of the North Shore Council Camping committee; Warren Moran, Field Secretary of the Council and Oscar Erickson of the Executive Committee of the Council; also Byron Colby, Essex County 4-H Club Agent.

Betty Grimes and Dorothy Bourne two 4-H club members of Danvers sang the Friendship song and the club members repeated their 4-H pledge.

EGG SHOW WINNERS

The 4-H Boys Poultry Clubs featured a county wide Egg Show with 40 dozen eggs in the exhibit. The eggs were judged by Assistant State 4-H Club Leader, Earle Nodine. Winners were as follows:

- 1st prize \$2.50 Robert Cooney, Rockport Score 96½
- 2nd prize \$2.00 Murray L. Hewey, Haverhill, Score 95½
- 3rd prize \$1.50 Marilyn Comfort, Saugus Score 95¼
- 4th prize \$1.00 James O'Brien, Saugus Score 95
- 5th prize 50¢ Emerson Bailey, Marblehead, Score 94
- 5th prize 50¢ Betty Hull, Saugus Score 94

Prizes were awarded by the Farmers' Day Committee from the general fund.

The eggs were exhibited from the following towns: Ipswich, Saugus, Essex, Haverhill, Gloucester, Middleton, Danvers, Rockport, Marblehead, Topsfield, and Beverly.

Essex Farmer and Homemaker

VOL. 26

HATHORNE, MASS. MAY, 1944

NO. 5

Entered as a second-class matter, May 28, 1919, at the Post Office at Hathorne, Mass., under the Acts of August 24, 1912.

Healthful Recreation

There are two important problems that parents should consider this spring in planning for the health of their children. In this country tuberculosis is the first cause of death between the ages of 15 and 45 years. Since the war there has been an increase in tuberculosis between the ages of 15-17 years.

The other problem is that of juvenile delinquency. Communities are finding a way to express their faith in youth and it is the responsibility of the community to provide good times such as dancing, group singing, and playing of games. The community can pull down and hold down the rising statistics on juvenile delinquency.

A good example of life long benefit to the children is for those who can, to attend, 4-H club or other well organized camps.

The undernourished child will receive a great deal of benefit from attending one of the health camps.

This year with less gasoline available families can enjoy picnics on their own grounds. Swings or other playground equipment may be used, such as croquet sets, possibly archery or ball games. There is usually a nice spot for a picnic within walking distance of the home, and one can enjoy scenery much more in hiking than when driving by at 50 miles an hour. While on the outing children can gather pine cones that may be painted in the autumn and used for Christmas decorations. Milkweed pods gathered while green may be dried, and when pods burst seeds and down removed, and then they may be painted different colors.

The child on the farm has opportunity to learn about crops, pigs, cattle and poultry. This gives a sense of responsibility and a value of time and money.

On stormy days children may cut out pictures from a seed catalog and paste on file cards, later playing a guessing game with them. It is worth while to make scrap books with greeting cards that have been received, that may be used for the sick confined in hospitals.

Let us all take advantage and spend as many hours as possible out of doors. Those having victory gardens will find that they will be benefited both physically and mentally by this outside activity.

Dorothy Leavitt, R. N.

VITAMIN C

Green walnut hulls have twenty times the vitamin C potency of orange juice. An extract made from them is being used to fortify food products.

Plant a Victory Forest

Five years ago no one could vision the changes that have taken place. Then the civilian conservation corps were planting several hundred thousand little trees every year and the State Nurseries were planting to provide for this program. Two years ago the C.C.C. went out of existence, but the trees they would have planted this Spring were already growing in the nursery. These trees are now five years old and if left for another year they will become too large for practical forest planting and will have to be destroyed. It is more expensive to plant larger trees and the survival rate decreases with increased size.

Anyone that can plant some of these trees and give them a chance to produce sawlogs will render a patriotic service. The State provides trees free of charge for town forest and organizations of young people, but not less than 500 can be ordered in one lot. The State requires that these trees be planted for timber and not for ornamental purposes.

With a little care anyone can plant these little trees. When received from the nursery they should be put in a shallow ditch and the roots well covered with moist soil. When ready to plant, place the trees in a bucket, keep the roots covered with thin mud so they will not dry out. Dig a small hole a few inches deep with a mattock or grub hoe, spread out the roots in the bottom and work the soil around them and firmly compact it to eliminate any air pockets. Plant trees at the same depth they grew in the nursery.

Further assistance in planting can be secured by contacting Ezra I. Shaw, Farm Forester, Essex County Agricultural School. All inquiries for the purchase of trees should be addressed to H. O. Cook, Director, State Division of Forestry, 15 Ashburton Place, Boston, Mass.

FORMER 4-H BOY A HERO

Swimming 50 yards through rough seas T/Sgt. Justin B. Little, 28, son of Silas Little of Newburyport, rescued a drowning sailor near the invasion beach at Cape Gloucester, New Britain, according to a Marine dispatch. Sgt. Little, a member of an amphibian tractor outfit, and a buddy also rescued two other seaman.

OIL AND MEAL

A bushel of soybeans yields on the average 9 pounds of oil and 18 pounds of meal.

Instructor Wood Retires

On April 22, 1944, Instructor Clarence M. Wood, head of the Fruit Division of the School, was retired because of permanent physical disability.

Mr. Wood began teaching in this institution on November 20, 1922, and has had one of the longest service periods of any of the staff members in the history of the institution. He became head of the Fruit Division some years later, and under his management the School orchards have attained a high degree of productiveness.

Mr. Wood was very active in the field and was extremely well known and liked by the farmers of Essex County. He has held various positions in the Essex County Fruit Growers' Association, and has done much to promote the interests of the organization. Some time ago the Fruit Growers' Association presented Mr. Wood with a plaque expressing their hearty appreciation of his services to the fruit industry of the county and their high regard and friendship.

Many fruit students, trained under Mr. Wood, have developed into successful men in the industry, both from his day and his evening classes.

He was always keenly interested in student affairs. A fine musician himself, he turned out many excellent school orchestra groups composed of students from both agricultural and homemaking departments.

Mr. Wood recently presented to the School two gavels of high historic value to the institution.

These gavels were turned out and finished by Mr. Wood in his own shop. One is from a piece of the Governor Endecott pear tree, broken off in the great hurricane of 1938. The other is from one of the first apple trees to be set out in the School orchard by the early classes of the school.

Some time ago Mr. Wood's health took a serious turn for the worse and he has been unable to carry on his duties for many months. He carries the best wishes of a host of friends among the students, the farmers, and the staff of the School, who are hoping that his health may be greatly improved in the near future.

MINIMUM DIETS

The rehabilitation of Europe will require an additional 3 1/4 to 4 billion pounds of fats and oils during the first year. This will provide only a bare minimum for the underfed peoples.

Essex Farmer and Homemaker

HATHORNE, MASS.

Published monthly by the Trustees of
the Essex County Agricultural School

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ESSEX COUNTY FRUIT GROWERS' ASSOCIATION

Mr. Wood has requested that this letter to the Essex County Fruit Growers' Association be printed.

29 Columbia Road
Danvers, Mass.
April 7, 1944

The Essex County Fruit
Growers' Association
Hathorne, Massachusetts
Dear Members:

I sincerely wish that I could personally thank each and every one of you who helped in preparing the testimonial, letters and purse of money which I recently received. But words, either oral or written, would be inadequate to express my deep feelings of appreciation.

The testimonial is a work of art which I will always cherish. I only wish that I could live up to the ideals set forth in it. The Essex County Fruit Growers' Association has always lived up to the ideals set forth and I believe it always will because of the high character of the members. It has been said, and by many, that the Essex County Fruit Growers' Association is the best in the country for its size. Regardless of size, many of us know that it has the best personnel of any association in the country.

I have enjoyed reading your letters of encouragement and good wishes and hope as time goes on to be able to reply to each one.

In order to keep tangible evidence of the Fruit Growers' generosity ever in mind I intend to purchase a chair with a portion of the money in the purse.

Although the time of working together again with you is uncertain for me, I know that you will get along well, and I hope that the interval will not be long. The remembrances help to build confidence and courage, and also help to shorten the leave of absence.

Sincerely yours,
Clarence M. Wood

SELECTIVE SERVICE

According to Local Board Memorandum No. 164 amended April 5, 1944, registrants who are necessary to and regularly engaged in an agricultural occupation essential to the war effort and for whom it is established that a suitable replacement can not be obtained may be considered for occupational classification in Class II-C.

(a) For registrants ages 18 through 25, the above provisions will be strictly applied with full consideration of the extreme need for physically fit young men in the Armed Forces.

(b) For registrants ages 26 through 29, the provisions above will be strictly applied.

(c) For registrants ages 30 and over, the provisions above will be applied less strictly with the increased age of the registrant.

Don't forget to file an Occupational Form 42 or 42-A for all employees of draft age including yourself or your sons with the respective Local Selective Service Boards. Include on the form the attempts made and the success or failure in replacing the registrant. In other words establish his irreplaceability.

Calton O. Cartwright
Asst. County Agri. Agent

LABOR PROBLEM

The labor problem for this year is much worse than before. Many men have been lost to the Armed Forces and to industry in the past year. There have been no replacements so the total number available will be much less than in 1943. In addition we cannot be sure that the present draft status of our younger workers may not be changed at any time.

It is in the field of adult permanent labor that the situation is now in the critical phase. We are exploring every possible source in an attempt to obtain new workers. The possibility of importing labor from outside the United States, the use of members of the Armed Forces of this and allied countries, the Women's Land Army, the use of prisoners of war are some of those that are being tried. No satisfactory answer to the problem has yet been found and it is evident most of the relief will again have to come from the use of immature and inexperienced help.

At this time it would seem that our supply of young people will be about the same as last year, both in quantity, age and experience. With their help we will again be able to get the job through. Each farmer should start now to secure the young workers he will need. We have been working with the school departments on this and they have again consented to cooperate again in this program. With the experience of last year to help we hope to be able to again furnish the minimum number of people who will be required to meet this year's production goals.

Albert E. Curtis
Emergency Farm Labor Assistant

LEAVES

We are all rejoicing that we can see the leaves appearing in the shrubs and trees. It means spring and summer to us and we like it. Leaves are one of the things we miss in winter, hunt for in spring, enjoy in summer and autumn and dislike to see disappear as cold weather approaches again.

But we should also plan on leaves in our diet whatever the time of year. Leaves are the storage place of the plant, here the plant piles up its strength, then we have the privilege of eating many of these leaves and obtaining a huge amount of food value.

In leaves the plants keep large amounts of valuable iron which we need to build the blood in our bodies. Calcium is also found in the leafy vegetables. Study the lists of foods rich on the important vitamins and very near the top with most of them you find "leafy vegetables". These vegetables are very rich in Vitamin A which helps to prevent colds and also the important B complex which regulates our digestive and nervous systems. If these leafy vegetables are eaten raw Vitamin C is also attained. Many of our greens are delicious when thoroughly washed, cut up, marinated in French dressing and served in combination as a green salad.

If dandelions, chicory or escarole seem to be too bitter to you to serve raw mix a small amount of them with your cabbage slaw or lettuce salad. Remember the dark green ones are richer in Vitamin A than the white bleached ones.

Many edible wild greens are growing close to us and that food value should not be wasted, but be sure that the wild greens you choose are edible.

Plant some leafy vegetable in your Victory garden and remember to can some of them for winter use. Swiss chard is especially satisfactory to raise as new leaves grow as the old ones are cut off. This vegetable cans very satisfactorily also.

Remember the green leaves as you plan your meals, your garden and your storage shelves.

Ruth Emerson
Foods Department

FLAVORING FIRST

Vanilla and other extracts give a more even and lasting flavor to cakes and cookies if they are added to the fat when it is being creamed, home economists of the U. S. Department of Agriculture report as a result of recent mixing and baking tests. Most flavoring extracts are essential oils which combine with and are held in by the fat. So the flavoring should be put in with the fat as the first step in mixing instead of being added last, as most recipes direct.

PULPWOOD POWDER

One cord of pulpwood is used in making smokeless powder for 90 thousand rounds for a Garand rifle.

SUPPLEMENT

Essex Farmer and Homemaker

SCHOOL NOTES

MAY, 1944

SERVICE NOTES

Catherine Laikin of Salem has been advanced to the rank of Chief Nurse which is equivalent to first Lieut. in the regular army. Catherine is at Harding Field Station in Baton Rouge, La.

Ruth Riley is now a Lieutenant serving in the Army nurses corps.

While shopping in a Louisville, Kentucky store recently, Mrs. Charles Waye, nee Athalie Adams, thought she recognized one of three girls in uniform. Making inquiry she found the girl to be Lt. Barbara Gage of Rowley and of the Class of 1938 at ECAS.

PURPLE HEART AWARD

The Purple Heart has been awarded posthumously to Pvt. Orin W. Woodman and has been received by his wife Madeline A. Woodman of North Street, Georgetown.

ROY C. FORD WOUNDED TWICE

Word has been received that Roy C. Ford of Topsfield of the Class of 1938 has been wounded a second time in Italy. He has his arm and hand in a cast and has been advised to have a piece of shrapnel removed from his other arm. This is a result of his first experience.

RAYMOND PERKINS Ex-'40

Word was received recently that Raymond Perkins a former Essex Aggie student from Salisbury was killed in action in India in July 1943. Raymond was in the medical corps of the army for more than a year. Our sympathy goes out to his parents in their loss.

D.F.C. TO SGT. WARREN NELSON

Sgt. Warren Nelson of the class of 1940 has been awarded his Eighth Oak Leaf Cluster as well as the Distinguished Flying Cross for 50 combat missions over enemy territory. The announcement came from the 13th A. A. F. Headquarters in the South Pacific. Warren visited School while on Furlough but made no mention of his awards.

ENGAGEMENTS

Justine Bishop, '41 is engaged to Donald W. Martin '41 of Salem. Justine is a senior at Nason College, Springvale, Maine.

F. F. A. THRIFT COMMITTEE

Following is a report of the F. F. A. Thrift committee for the last school year.

Student and faculty purchases of War Stamps and Bonds \$764.00
F. F. A. purchases 5-\$100.00 bonds 370.00

Total cash sales	\$1134.00
The F. F. A. appropriated \$5.00 to be used as prizes for those purchasing the largest amount of stamps and bonds. The prizes to be given in War stamps.	
William Cyr (1st prize \$3.00 in stamps)	\$121.50
Ralph Robbins (2nd prize \$2.00 in stamps)	\$119.50
Baron Fryer	\$101.75
William Purkis	\$ 56.25

RED CROSS

The Red Cross is \$161.00 richer because the F. F. A., Echo Club, Courtesy Committee, students and faculty gave the above amount during the recent drive to the American Red Cross. Had the amount that the staff members living outside of Danvers gave, been added the total would have been much larger.

WEDDINGS

Miss Virginia Louise Harrigan, Danvers, class of '34 became the bride of Chester W. Hutchings Jr., on April 8 at the Maple Street Congregational Church, Danvers.

Wave, Reina Gumb, Parachute Rigger 3/c, member of the class of 1941 was married on March 25 to Roy J. Densman P. R. 3/c, U. S. N., of Joplin, Missouri. They had a military wedding in the church in Corpus Christie, Texas, where they are both stationed.

STAFF NOTES

Miss Sally Palmer and Miss Evelyn Hoyt of Cambridge are the two Junior Apprentice teachers from Framingham State Teachers' College who have been at the Homemaking Department having their six weeks of apprentice teaching.

Robert "Snuffy" Smith who has been Dairy Herd Improvement Association Herd Tester entered the Army the last of April.

George Yale, Assistant Instructor in the Dairy Department has resigned. His plans at the present are uncertain.

CHANGE IN PROGRAM

As the need is even greater this year for girls and women to help in the production as well as the preservation of food, the girls of the homemaking department are cooperating with the agricultural department with the 1944 vegetable garden at Essex Aggie.

The senior divisions and each freshman division give one afternoon a week to Mr. Stearns for instruction and practice. They have already transplanted lettuce, cabbage and tomato plants into flats from the flats in which they were first sown. Within the next week the girls will be out working directly in the garden, planting onion sets and the early seeds.

The Juniors as they have done for a number of years, are now taking Floriculture with Mr. White one afternoon a week for the last quarter of the year.

It is now the Freshman A division's turn to prepare and serve the lunch to the faculty one noon a week for a quarter of the year. They are proudly displaying their progress and ability in this direction every Thursday.

Constance Ormsby

ECHO CLUB NOTES

The Echo Club enjoyed two educational films the last of March. These were from the National Tuberculosis Association and showed the methods being used to protect our communities from tuberculosis, a disease which tends to increase in wartime.

On April 14, the members of the Echo Club had the privilege of hearing Mr. Hartwell Daley, a former student in the Agricultural Department.

Mr. Daley spent some time in Europe before the War as a diplomatic observer in the foreign office at Prague. He is now a news commentator for Radio Station WLAU, Lawrence, Mass.

Mr. Daley discussed the "World of Tomorrow", and some of the problems we would have to face. The task of rebuilding wartorn cities, and the people who live there, and the need of finding employment for our own people, would be our most immediate problems.

At the same time we must plan a lasting peace based on better understanding than the peace which came after World War 1.

Each of us as citizens should realize our responsibility for this future world, and as citizens be prepared to do our part.

Mr. Daley expects to accompany Vice President Wallace on his trip to China next month.

Margie Greaves

GOLOBKI

Once in a while it is interesting to vary our American diet with food of a foreign flavor. This is one of our favorite recipes at home, and I served it to the school faculty one day this spring for lunch. They enjoyed it and I thought perhaps others would also. It is a Polish dish we call it golobki, but in English it would be called stuffed cabbage.

- 1 large head of cabbage.
- 1½ lbs. hamburger
- 1½ cups cooked rice
- 1 onion chopped fine
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 can of either home canned tomatoes or tomato soup

Slit with a knife the four corners deep into the stem of the cabbage without breaking it. Par-boil the cabbage and separate the leaves. Combine the rest of the ingredients with the hamburger except the tomatoes. Then take a spoonful of the mixture and put onto a cabbage leaf. Roll and put a toothpick in to hold in place if necessary. At home we do not use a toothpick to hold it together. Put into a greased baking pan. Add tomatoes on top of cabbage rolls and bake in a moderate oven.

Rose Devoe

SPONGE CAKE

Because of the low temperature used for baking the sponge cake given in the April issue, the cake will not shrink from the pan. Invert cake on a rack and allow it to cool.

To loosen cake: insert a case knife at regular intervals around the sides of pan and around the tube (do not cut). When cake has been loosened, bang tin and cake will come out.

Constance Maude

LETTERS FROM THE FRONT

The following are excerpts from some letters received from Essex Aggie boys.

Anzio Beachhead, Italy
Now as to this country of Italy. I thought perhaps a few facts concerning agriculture would be of interest to you. Italy is really a land of mountains and fertile valleys. To get more technical 80% of the total area of Italian peninsula consists of high mountains and rocky ridges which can not be tilled. Eleven percent of the remaining area comprises marshlands which have been drained. The remaining 9 % is natural farmland. Due to the fact that such a small area is available to be worked, every available inch of space is used. There are as far as I can determine, no major crops. Each village or commune is self sufficient. The natives live in the center of a particular section. Those that till the soil walk to their own particular plot and there carry out their work. Women do more work in the field than men. Farm machinery is still a dream.

Almost all plowing is done by spade. Occasionally one sees a yoke of oxen being employed. An example of the way the people get the utmost out of their soil is demonstrated in this instance: In one particular field I noticed that wheat was growing. I mentioned field, but it was actually an olive orchard. Between the rows of trees were strung poles and wires on which were skillfully pruned grape vines. These vines are sometimes trained as high as 25 feet. Instead of a stone wall or fence bordering the orchard, there were growing orange trees.

I have not seen any commercial fertilizer in use here. Green manure and animal manure seem to do the job. The soil in general is a sandy loam. Very black and in some spots over four feet in depth. Never less than eighteen inches. The drainage is solved in the low spots by what we call underground roads. They are nothing more or less than wide ditches sometimes reaching down 20 feet.

Retaining walls in many cases hold the banks from falling in. English walnuts are a very popular crop over here along with many other nut varieties. The winter rainfall judging by my experiences during the past few months is quite heavy. Snow is a rarity in the valleys but reaches enormous depths in the mountains. Below freezing temperatures likewise. Give my regards to every one at the school.

Lt. Robert Spencer
Class of 1939

Greenland

At last I am seeing a bit of service away from the "dear old States".

We had a rather thrilling trip to this place, which is anything but green. Vegetation is very scarce, many types of moss and some juniper shrub is all I have seen growing.

Sun Valley in Idaho, or wherever it may be, could not be more suited for sports and scenic splendor than this outpost. Year round sports including hunting, fishing, mountain climbing and of course skiing and snow shoeing. There is an excellent basketball court and motion picture house not far from here.

The Eskimos make quite a thing of seal hunting. It is very amusing to see these funny people and the way they paddle their frail little kayaks among the crashing ice floes. Without exception, I believe Eskimos are the most completely happy and utterly carefree people in the world.

Just above my quarters, there is a great cliff of various colored rock and many streams causing high waterfalls. You can't imagine the great amount of rock. There are miles and miles of small stones and many more miles of great cliffs and lava flows.

It gives a person a strange feeling to walk into a valley void of everything except perfect silence—so very quiet the voice of a person can be heard more than five miles.

Pvt. Norman Allen
Former member of class of 1940

MIND YOUR KITCHEN ARITHMETIC

Using arithmetic to help with kitchen homework will help cheat the garbage pail, according to the home economists of the U. S. Department of Agriculture who have worked out pin-up tables showing the number of servings in a pound of food, be it pork, peas, or prunes. A timely glance at the following tables of vegetables, fruits, and meats will solve many kitchen sums and avoid the wastefulness of unplanned leftovers.

Servings In One Pound

Apples	3 to 4
Apricots, dry	20 to 25
Asparagus	3 to 4
Bacon	8 to 10
Bananas	3 to 4
Beans, Lima in pods	2 to 3
Dry	8 to 10
Navy, dry	8 to 10
Snap, fresh	3 to 4
Beets	3 to 4
Broccoli	2 to 3
Brussels sprouts	5 to 6
Cabbage	3 to 4
Carrots	4
Chops, Lamb	3
Pork	4
Cranberries	6 to 8
Eggplant	5 to 6
Fish, with bone	2
Fish, fillets	4
Grapefruit	2
Ground Meat	4 to 5
Ham	3
Lettuce, head	5
leaf	8
Onions	3 to 4
Oranges	3 to 4
Peaches	5 to 6
Pears	3 to 4
Peas, in pods	2 to 3
Peas, dry	8 to 10
Potatoes	3 to 4
Poultry	2
Prunes	10 to 12
Rhubarb	4
Roasts, with bone	2
boneless	4
Spinach	2 to 3
Turnips	3 to 4

Knowing the "swell" of rice or dry beans keeps them from boiling over on the stove and saves food as well as time and energy needed to clean up. For an inexperienced cook, here is the arithmetic: Figure that one cup of dry rice will give 3-1/3 cups of cooked rice. Two cups of dry beans will yield 5 to 6 cups cooked.

In peacetime, a pound of butter could be cut into 36 to 40 pats, but smaller wartime pat size will give more. A pound loaf of bread is usually sliced into 18 pieces. Home economists figure two slices to a serving on the average.

GARDEN GOALS

The Victory Garden goal for the nation in '44 is 22 million, which should produce 10 million tons of food, or nearly half of the fresh vegetables which civilians will use.

WOMEN'S ADVISORY COUNCIL

A meeting of the Women's Advisory Council of the Essex County Extension Service will be held at the Essex County Agricultural School on Wednesday, May 17, 1944. The meeting, which will begin promptly at 10:30 A. M., will close at 3:30 P. M. Mrs. Harriet J. Haynes, Extension Economist, Home Management, and Miss Mary E. Foley, Extension Nutritionist, will discuss these two programs with the Council Members.

The regular business meeting will be held at which names will be submitted for new Council Members to replace those who are retiring. The following Council Members will be retired in the fall: Mrs. Warren Dodge, Haverhill; Mrs. Raymond Trefry, Marblehead; Mrs. Frank Carson, Salem; Mrs. William Keith, Topsfield; Mrs. James Benham, Gloucester; and Mrs. Myron Wood, Groveland. Names of the officers for the coming year will also be submitted at this meeting by the nominating committee which consists of Mrs. William Keith, Topsfield, chairman, Mrs. Frank Carson, Salem, and Mrs. Sherman Jones, Essex.

The afternoon session will be devoted to program planning for the year 1944-1945. All Extension programs will be discussed by Mrs. Mary M. McIntire and Miss Katherine M. Lawler, Home Demonstration Agents.

K. M. L.

SPEED UP WORK AND CUT DOWN LABOR IN THE KITCHEN

The kitchen of the future as visualized for us by artists is still a long ways off, so the average housewife must continue to use everyday methods to make her work more enjoyable and less fatiguing, says Harriet J. Haynes, home management economist at the Massachusetts State College in Amherst.

There are a number of places where adjustments can be made to speed up work and cut down labor. For instance, few homemakers realize how much a high kitchen stool will rest them in performing their work. And here are other suggestions which can be carried out by any housewife:

Small cardboard boxes or partitions placed in the knife drawer, a small cupboard near the sink for keeping cleaning supplies, a large tray for carrying dishes from the dining room, a shallow shelf on the cabinet door for spices and other small cans, labels on all containers, a wooden platform with casters on which to set four barrels or other large cans which need to be moved. Home demonstration agents at the various county extension services are in a position to give help on such problems.

Mrs. Haynes also points out that adjustable shelves in the kitchen cupboard will increase the storage space and make for better organization of work. Where shelves are not adjustable three or four shelves close together are better than one or two farther apart, for when too many dishes must be stacked on top of each other there is sure to be extra work or more broken dishes.

RADIO SPRAY SERVICE AIDS MASS. FRUITMEN

Radio spray warnings will again help Massachusetts and other New England fruitmen to control disease and insect pests in the orchard. What may sound like special code messages to most folks will have a definite meaning to the fruitmen and will indicate that it's time to apply the pre-pink spray or the calyx or the second cover or take other precautions to head off a serious infestation of insects or diseases.

Authorities at the Massachusetts State College and the Waltham Field Station, cooperating with Fruitmen throughout the State, will keep check on the development of various pests and will issue warnings by way of radio. Co-operating with them will be the United States Weather Bureau, for weather has a very definite effect in determining when control measures should be applied.

The regular schedule calls for two warnings each week, more if conditions warrant. Warnings will be prepared Mondays and Wednesdays and will be read on the air the two succeeding days.

Fruitmen will also receive special warnings by mail from county agricultural agents. Hence in order to use this spray information to best advantage, it is desirable for each grower to be placed on the county agent mailing list, says O. C. Boyd, plant pathologist at the State College.

Stations which will cooperate in the pest control service are WBZ and WBZA which will issue warnings at 6:25, 6:55, and 7:25 a. m.; WNAC and other stations of the Yankee Network at 6:25 a. m.; WEEL at 6:35 a. m.; WTAG at 6:45 a. m. and 1:00 p. m.; WTIC at 6:05 a. m. Other stations may be added to this list later.

INSTRUCTORS' CONFERENCE AT AMHERST

The Annual Conference of Agricultural Instructors and Directors was held in Jones Library, Amherst, on April 21 and 22. This is the second time during the war that the conference has been held in the spring rather than at the usual time in August in order to permit the instructors to receive at the beginning of the growing season the newest subject matter information pertaining to this year's activities in time to enable them to make timely use of it. Sessions were held in the Jones Library because of the crowded conditions on the College campus.

One of the finest features of the conference proved to be the subject matter presentation and round table discussion involving the various College departments, including the farm represented by Professor Rice, poultry by Professor Parkhurst, fruit by Professor French, market gardening by Professor Snyder, and pest control by Doctor Boyd. These men were ably supported by other experts from the College staff.

GARDEN CHAT

Gardeners should only fertilize the garden area to be planted from time to time, or as planting takes place. Heavy rains cause leaching of plant food so that plants which are not planted until later will not receive the full benefit of the fertilizer applied. The nitrogen sources in our fertilizers today are largely inorganic material and fairly readily available so that unless the plants are there to use the available food much will be lost.

Watch out for cutworms, cutting off newly set cabbage, lettuce, tomato or pepper plants. Collars placed about them at time of setting will prevent these cutworms from making their attacks. Larger areas can be controlled by means of the poison bait method. The material is prepared by using the following: To each pound of Bran add 1 oz. of Paris Green or Arsenate of Lead plus 1/3 cup of cheap Molasses and enough Water to make the entire mixture sticky. This bait material should be applied about the garden area where plants have been recently set out at night time as that is the time when cut worms do their attacking.

Gardeners who are growing cabbage plants should protect these from cabbage maggots by placing 2-3" squares of tar paper around each plant. These squares should have a slit in on one side to the middle hole which should be large enough for the stem of the little plant to fit through. These papers should be placed about the plants now to prevent the flies from laying their eggs on the base of the little plants. When these eggs hatch out the maggots work their way down to the feeding roots of the plants and do their feeding causing the plants to die.

Wait until after the middle of May before planting beans, cucumbers, squash seeds, and near the first of June before setting out tomato and pepper plants.

When the little seedlings of lettuce, beets, carrots, turnips, swiss chard and all the other early seeded crops are up an inch or more, commence to practice thinning. Get them out of the way so that food and water which is in the soil will develop those little plants you are desirous of maturing. The extra plants just rob the desired crop of valuable food and water. Likewise keep out the weeds for the same reason.

C. M. Stearns

Excellent talks on the present food production situation were also given by County Agent Leader James W. Dayton, Mr. Frederick Cole of the State War Board, and others.

The annual meeting of the Association was held at the Lord Jeffrey Inn Friday evening, Mr. H. Judson Robinson of the Bristol County School was elected President, and the Association voted to accept the invitation of Director George H. Gilbert to hold the conference in 1945 at the Bristol County School.



4-H Club Notes



A DAY AT CAMP LESLIE

This was a school theme written by Caroline Masse of Middleton age 11 yrs.

At seven o'clock the camp bugler blows reveille and we know that another busy day has begun. The first thing we do is to dress and then we go to the outdoor washstand to wash up and comb our hair.

Now the bugle blows again, this time, for flag raising then breakfast. As we enter the dining hall one of the older boys stands at the door and inspects our hands and hair.

There are seven tables and each boy and girl sits in their proper place. Betty Grimes lead the singing of grace.

After breakfast we get ready for inspection. This means that we clean our cabins, sweep the floor, put our suitcases in order, and make our bunks.

Then the bugler blows assembly. We go to the main cabin where we sing our Camp Leslie songs.

After about a half hour of singing the busy bugler blows again and this time we like it very much because it is time to go swimming. We change to our bathing suits and find a swimming buddy.

Buddy System

Down at the water front there is a large board which has on it the name of every boy and girl in camp. Each name is covered with a little red slide. Just before going in swimming each boy and girl pulls the slide to uncover his name. That is how the life guard knows exactly who is in swimming.

Now we all line up with our buddies along the edge of the float. The good swimmers face the deep water while the rest face the crib.

When the life guard blows the whistle we all dive in and there is much splashing and noise. Every few minutes the whistle blows and all buddies raise clasped hands. When the life guard is sure that every one is all right he blows the whistle again and we continue swimming.

After about twenty minutes of fun in the water the life guard gives the signal and everyone leaves the water. Then all swimmers cover their names with the red slide. When all names are covered we are dismissed and go to our cabins to dress and hang out our bathing suits. Then we have about ten minutes to do what we want.

Next comes the dinner call and we are again inspected at the door on our way in the dining hall. After dinner we can buy some candy but not over five cents worth.

Now comes the rest hour in our cabins. During this period we lie down on our bunks, or write letters home.

CAMP LESLIE SUMMER PLANS

Recently the Directors of 4-H Camp Leslie met and set the camp dates for the summer. The plans are to operate Camp Leslie for 5 weeks starting Sunday July 2. Most of last year's camp personnel will be back this year.

Camp enrollments should be sent in as quickly as possible after receiving the camp folder. The folder will be sent out soon carrying details of camp. Four-H leaders are urged to ask club members to enroll promptly as a very large camp attendance is anticipated.

The Directors of Camp Leslie are pleased to announce that the girls cabins will be outfitted with new iron double bunks and new mattresses. Plans are also progressing on screens for the Lodge or main building.

The Camp Fee for 4-H Club Members is \$9.00 per week.

All correspondence concerning enrolling for Camp Leslie should be sent to Mr. James Boynton, Camp Director, 360 Main Street, Haverhill, Mass.

A DAY AT CAMP LESLIE

(continued from first column)

When the hour is up the bugle blows for crafts. We make bracelets, rings, necklaces, beads, and pictures, I made three bracelets, a picture and a necklace.

Crafts or Swimming

If we don't want to go to crafts we may take swimming lessons. I also took swimming lessons while at camp and can swim the dog-paddle.

The next time the bugle blows we know it's swimming time again. After the afternoon swim we have free time until supper.

Everybody likes it after supper because we have campfire and singing. This is also the time when Aunt Mabel tells us our cabin inspection score for the day. The cabin that gets the highest score for the week gets an extra plate of ice cream on Sunday.

Camp Fire

The campfire is made in the shape of a four-leaved clover. We have two tribes the Naumkeags and the Tahatawans. Each tribe has its song. Each boy and girl holds a lighted candle while we sing. Aunt Mabel also reads the camp newspaper which is called "The Daily Bullfrog."

After campfire we all march out in a line with our candles and recite the 4-H pledge. We pinch out our candles one by one and go to our cabins.

When we hear the bugle again we know that the day is over.

The bugler sounds taps and everybody goes to bed. Aunt Mabel was the coun-

RURAL LIFE SUNDAY MAY 21

May 21 has been set aside for the nationwide observance of Rural Life or 4-H Sunday for 1944. The theme for 1944 is "Serving God and Country". Every 4-H member should try to participate in this observance. Some 4-H clubs plan to attend church in a body, others take part in the service by reading the scripture. The method of observance will depend on arrangements made with the individual churches.

Four-H leaders should talk with local ministers and then suitable plans may be worked out.

Rural Life Sunday is a revival of an ancient religious custom. On the fifth Sunday after Easter local tillers of the Soil, looking forward to an abundant harvest, and a time of Thanksgiving, invoked a blessing of Divine Providence upon their seed and upon their soil and gave recognition to the sacredness of the calling with fitting worship, ceremonial and music".

The heart H of the 4-H pledge is the H covering religion in club work.

Ed. Note: You notice the observance will be on the sixth Sunday after Easter so as not to conflict with Mother's Day which is the fifth Sunday after Easter this year.

JUNIOR LEADERS STATE CAMP

Four-H Junior leaders camp will be held at the Mass. State College July 9 through July 12. These dates have been changed from previous ones due to a State wide Boy's Conference being held at the college on the other dates.

GIRLS' DAY

Essex County Girls' Day will be held at the Agricultural School on Saturday June 3. The program will begin at 9:30 A. M. with an assembly. The morning will be devoted to Judging Contests which every girl will have an opportunity to enter. Following the box lunches at noon there will be a style revue, and a program of movies, 4-H songs and demonstrations. All leaders as well as club members are invited to come and meet 4-H'ers from all parts of the county.

seller in our cabin and she told us stories and we fell asleep.

On Sunday we all went to our own churches. We had chicken for dinner and ice cream for dessert. Sunday is visitors' day. We had Campfire but Sunday is a quiet day.

Essex Farmer and Homemaker

VOL. 26

HATHORNE, MASS. JUNE, 1944

NO. 6

Entered as a second-class matter, May 28, 1919, at the Post Office at Hathorne, Mass., under the Acts of August 24, 1912.

New Students Now Enrolling

Already many applications have been received in the Agricultural and Homemaking Departments from boys and girls and their parents concerning entrance to these departments for the fall sessions of 1944.

In these days when farming is playing such an important role in the war program it is important that every boy from a farm home as well as many others who are interested in the possibility of farming as a life work should consider the opportunities offered by this School.

In addition to the emphasis placed upon the vocational course in various farm enterprises, excellent training is also given in related and general education so that graduates are not only fit and ready to earn their living in their chosen field, but also to take their places and assume the responsibilities of good citizenship in their home communities.

Prospective students and their parents are invited to get in touch with the Director of the School at the earliest possible date. It is especially helpful in the case of agricultural candidates that we have these interviews at this time and make arrangements for summer employment in agriculture under the supervision of the school.

All communications and inquiries should be addressed to the Director, Essex County Agricultural School, Hathorne, Massachusetts. Circulars of information are available upon request.

"641"

The figure 641 has just been put on the Service Flag denoting that number of the Essex Aggie boys and girls in the armed forces.

There are seven gold stars on the flag. We hope there will be no more.

F. F. A. COOPERATIVE BUYING

Several F. F. A. members joined with staff members and friends, this spring to purchase through their Cooperative Buying and Selling Committee, 198 pounds of vegetable seeds and three bushels of onion sets which at retail prices would have cost \$120.25.

Pooling their orders enabled them to buy these at wholesale prices, save ten percent on each individual order and add \$5.68 to the Chapter treasury.

A. L. Dacey
Committee Adviser

Canning Kitchen

The Community Canning Kitchen will open for its second season in the Homemaking Building on Wednesday July 5.

There will be an added service this year for the Homemaker who is canning in her own kitchen. Monday through Friday from 8-1 noon there will be a Homemaking Instructor on duty at the telephone to answer questions or help solve problems that may arise while canning at home. The telephone number is Danvers 50.

It is anticipated that this season will be fully as busy a one as last year. The kitchen will be open Tuesday through Friday each week until August 25. Members of the Homemaking Staff will be in charge and will give instruction in the best methods of food preservation.

A woman wishing to avail herself of this opportunity must make arrangements in advance by calling the school and talking to the canning supervisor. The canning kitchen is principally for the purpose of instruction. The capacity is limited therefore persons are accepted in order of application, and after attending twice further attendance is possible only by placing one's name on a waiting list.

Anyone attending must furnish her own produce, jars, rubbers, and sugar if required. It is desirable that each person bring her favorite paring knife. Individuals should bring their own lunch. Only milk may be purchased at the school. A small service charge of two cents per jar will be made for each jar canned.

If you have not already made your plans for canning fruits and vegetables for next winter, start now and do your part.

PRISON LABOR

The possible use of War prisoners on farms in Essex County looks very doubtful. Only German prisoners at Fort Devens may be available. They are allowed only 1½ hours per day on the road and must be housed nightly at Fort Devens. They must be in groups of 10 or 15 with guards and must be paid the prevailing wage rate, approximately \$4 to \$5 per day.

These prisoners can be housed in camps of 250 or more, but these camps must meet Government specifications; and the cost is prohibitive.

You can see that the conditions above make it almost impossible to secure labor from this source in Essex County.

Calton O. Cartwright
Asst. County Agri. Agent

Invitation to Parents' Day

The Homemaking Department cordially invites you and your friends to attend the Annual Parents' Day which is to be held on Wednesday June 14.

There will be exhibits of the girls' work. The Juniors will have their annual flower show. In the morning there will be conducted tours around the grounds. During the noon hour picnic lunches may be enjoyed on the campus. In the afternoon the girls, in a fashion parade, will model the garments they have made during this year. The speaker of the afternoon will be Mrs. Mildred Beryl Palmer of Arlington. The day will close with an informal social hour at which time the girls will serve refreshments to their guests.

Ethel M. Moore
Educational Manager

Former Instructor Dies

John E. Gifford of Sutton, Massachusetts, passed away at his home on May 18 at the age of seventy-one.

This news will cause regret and sorrow to some of the early students of this school, for Mr. Gifford was a member of the first instructional staff at the Agricultural School, organized in the fall of 1913. He continued to teach in this school until 1917.

For twenty-five years thereafter he was an instructor in the Worcester North High School, heading the Agricultural Department. He was known and respected throughout the state as a fine vocational instructor and excellent farmer, for he had carried on farming in the town of Sutton for twenty years. He was at various times a member of the town school board and an officer in the local and state Granges.

He leaves his widow, Mrs. Luella (Dudley) Gifford, a son, Capt. C. Edwin Gifford, and two grandchildren.

Essex Farmer and Homemaker

HATHORNE, MASS.

Published monthly by the Trustees of
the Essex County Agricultural School

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SUMMARY OF FARM CONTACT

A summary of the 1944 Farm Contact taken on 886 farms in Essex County reveals a definite increase in Farm production over 1943. This applies to practically every phase of farming except potatoes which shows a decreased acreage. This increase shows a desire on the farmer's part to go all out for production this year. Of course this increase will be affected, no doubt by the labor shortages, uncertain weather conditions and lack of supplies etc.

There is a very definite trend by the farmer to fertilize his hay land and pastures, also, a marked increase in new seedlings for hay and pasture. This is certainly a step in the right direction with the critical feed situation.

There seems to be an urgent need for seasonable labor on farms. Mr. Albert Curtis, Labor Supervisor for Essex County, should be able to help a farmer with these problems. He can be contacted at Room 37, of the Essex County Agricultural School Building.

A definite need of farm machinery was noted. The secondhand machinery list published by A. A. A. may still have some useful equipment that has not been sold. The new farm machinery situation is still tight. The A. A. A. office might be able to help farmers with their machinery problems. For further information contact the A. A. A. office, Room 34 or telephone Danvers 50.

Alton G. Perkins
Asst. to County Committee

BUCK RAKE EXPERIENCE

William Whitney of Elm Street, Byfield, has been using a home made buck rake for the past four years and is now planning to use a hay baler, providing he can get one.

When questioned as to his reasons for giving up the buck rake he brought out the following points:

CHOOSE THE RIGHT FABRIC FOR YOUR PATTERN

Many of you are doing home dress-making today. Some are experienced, some are amateurs. All to be successful should have a knowledge of choosing the right fabric for the pattern selected. The following are some worthwhile points to remember.

1. If your pattern has pleats, the fabric should be firmly woven, for soft loosely woven material will not retain pleats well.

2. Styles that have fine details such as shirring, pin tucks and smocking, require materials that are soft and sheer. Suitable fabrics are crepes, rayon sheers, voile, dimity and very sheer woolsens.

3. If your pattern has a tailored collar, fly front, and a generally tailored appearance, choose a fine fabric. It doesn't have to be sports material, for dressy fabrics like faille and taffeta and heavy sheers will lend themselves favorably to tailored styles.

4. Some patterns have intricate styling. For these you should choose a plain, smooth surfaced material so as to show up all the smart details. These details would be lost if a print or any material with surface interest were used.

5. If the pattern has a great many gores, or bias cut sections it is not usually suitable for stripes or plaids. If you want to use stripes and plaids you will find a simple, straight line pattern will make a better looking garment.

Abbie L. Clapp
Clothing Instructor

FARMERS TO GET RELEASE OF NEEDED ARTICLES

The WPB announced amendments to priorities regulation number 19 to aid farmers in obtaining available supplies necessary for farm operation. Dealers are required to give farmers preference in the purchase of all listed items upon the written statement by the farmer that the supplies covered by the order "are needed now and will be used for other than household purposes in the operation of a farm". Such certification carries the priority rating of AA-2X.

Below is a partial list of items among the 300: fire extinguishes, flashlights, funnels, grinders for sharpening tools, harness repair tools, concrete mixers, metal fence posts, tire pumps, fly screen, building blocks, portland cement, insulating materials, lumber substitutes, roofing and siding, drain tile, truck and machinery jacks, tire pressure gauges.

1. Land must be smooth for a buck rake.
2. Field must not be over half mile from the barn.
3. One needs 200 tons for a hay baler.
4. Must have large, level fields not too far from farm to warrant a buck rake.

CUT THE OVER MATURE TREES NOW

A large percentage of the best lumber stands in Essex County are owned by summer residents. On many estates there are many large old growth trees that should be cut to make room for more vigorous growing individuals. During the past winter the writer checked the quality of the lumber sawed from old growth pine.

Many of them looked good from the outside but when they were sawed into lumber a considerable amount of red heart and soft black knots were found.

It is good business as well as good conservation to cut these overmature trees into saw timber. Lumber is one of the most vitally needed war materials. Any lumber that can be made available from this source will help in relieving a critical shortage. Trees to be cut should be marked and a thorough understanding should be had with the operator before any cutting is permitted.

Summer residents during the next few months when they are living on their estates should make plans for these improvement cuttings.

The Forest Service through the Farm Forester at Essex County Agricultural School offers free assistance to farm and timber land owners on the management of their woodlands.

Ezra I. Shaw
Farm Forester

LETTER FROM INDIA

A letter from Richard Brown '42 of Swampscott who is now somewhere in India:

As you probably noticed I am stationed in India. This country is made up of about 90% agriculture. Farming here is carried on the same as it was back about 2000 years ago. Very few improvements have been made. The oxen and the wooden plow still prevail. A farm hand gets about 7 annas per day about 14 cents for his labor. The people in the cities and towns receive about 1 rupee per day or about 30 cents for their labor. The cows that give milk (about 30%) average 5 lbs. per day. The rest are dry all the time. Bananas are about 4 inches long and sell for 4 cents per dozen. There is quite a variety of fruits around here. They are not as good as those that are raised in the states.

Where I am located now camels are the major means of transportation for the natives. We also have Tongas, Gahrres and Donkey carts around too. Where I was before we could reach out and pick our own bananas, but here we can only pick up sand and dust. The big crops of this country are rice, jute cotton, grains and some vegetables.

I think that the people could stand a few men from the Aggie to help them out. I would like to try if I was capable.

Pvt. Richard Brown

CREAM PUFFS

- ½ cup butter
- 1 cup boiling water
- 1 cup bread flour
- 4 eggs unbeaten

Add butter to water, heat until butter melts and water boils again. Add flour all at once, and stir vigorously until ball forms in center of pan. Cool slightly, add eggs one at a time, beating after each egg is added. Mixture should be stiff. Shape on greased cookie sheet by dropping from spoon or using a pastry bag.

Bake until free from beads of moisture (40-45 minutes) in a moderately hot oven 375 degrees. If in doubt, remove one from oven to test. Fill with cream filling, whipped cream or ice cream and frost with powdered sugar, plain icing or serve with sauce.

Cream Filling

- 2/3 cups sugar
- ½ cups flour
- 1/8 teaspoon salt
- 2 cups scalded milk
- 1 teaspoon vanilla or
- ½ teaspoon lemon extract
- 2 eggs or 4 egg yolks

Mix dry ingredients, add scalded milk gradually. Cook 15 minutes in a double boiler, stirring constantly until mixture thickens and occasionally afterwards. Add eggs, slightly beaten and cook 2 or 3 minutes longer. Cool and flour.

If thinner filling is desired use 1/3 cup flour.

Chocolate Sauce

- 1 square chocolate
- 1 cup sugar
- 2 tablespoons corn syrup
- 1 tablespoon butter
- 1/3 cups boiling water
- ½ teaspoon vanilla
- a few grains salt

Melt chocolate, add butter and then add water gradually. Bring to boiling point, add sugar and corn syrup. Boil 5 minutes. Cool slightly, add vanilla and salt. Serve hot or cold

Butterscotch Sauce

- ½ cup sugar
- ½ cup cream, or milk may be substituted
- ½ cup dark Karo

Boil until it thickens. The sauce will thicken as it cools. Serve hot or cold.

Maureen O'Leary

WEDDINGS

Virginia Rushworth of the Class of 1942 was married in March to Corp. Paul Frederick Gage who is in the Tank Corps and stationed at Camp Maxey, Texas. Virginia is working at the Vulcan Electric Co., in Danvers.

A. M. M. 2/c Hilda M. Brown U. S. N. R. of Peabody was married last month to A. M. M. 2/c Leonard E. Middaugh, U. S. N. R. They are living in Pensacola, Florida. Both are stationed at the Whiting Field, in Milton, Florida.

COUNTY WOMEN'S ADVISORY COUNCIL MEETS

The Essex County Women's Advisory Council for Extension Work met Wednesday, May 17 at the Essex County Agricultural School, with 38 in attendance. Mrs. Raymond Trefry of Marblehead, chairman of the council presided at both the morning and afternoon meetings.

The guest speakers at the morning program were Miss May E. Foley, Extension Nutritionist at the Mass. State College and Mrs. Harriet Haynes, Extension Economist in Home Management at the State College.

Miss Foley gave a demonstration assisted by Hilda Gaudet of Andover, a Senior at the School. The demonstration was on Salads and Salad Dressings.

Miss Foley discussed the Nutrition program for 1944-45 and stressed the "No-point, low-point" menus as well as packed lunches for school children and those working in industry. Miss Foley also gave ideas for meal planning under rationing with the use of home canned and stored foods. It is very necessary that we all "Fight Food Waste".

Mrs. Haynes spoke on "The Problems of the Homemakers". The greatest problems today are the management of time and management of money. Mrs. Haynes discussed new methods for homemakers and simple time saving suggestions as well as good equipment which must be kept in good repair. Mrs. Haynes showed a film strip on kitchen organization, convenience and comfort.

Luncheon was enjoyed in the Home-making dining room. The luncheon was prepared by the students under the direction of Miss Ruth Emerson. At this time Director Harold A. Mstrom brought the greetings of the School and introduced two of the trustees who were present, Mrs. Samuel D. Warren and Mr. Edward Wigglesworth.

In the afternoon the group discussed program plans for the coming season. Miss Katherine M. Lawler and Mrs. Mary M. McIntire, County Home Demonstration Agents discussed the plans for the various extension programs.

Those attending the meeting were: Mrs. Raymond Trefry, Marblehead; Mrs. Benjamin Currier, Boxford; Mrs. Frank W. Houle, Newbury; Mrs. Harold Hudson, Newburyport; Mrs. Fowler, Newburyport; Mrs. Joseph Dahle, Andover; Mrs. Carlton Strong, Andover; Mrs. H. B. Keifer, Andover; Mrs. Harriet Hathaway, Methuen; Mrs. O. Billings, West Newbury; Mrs. Edward Urie, West Newbury; Mrs. Charles O'Connor, Lynn; Mrs. Charles Morse, Peabody; Mrs. James Benham, Gloucester; Mrs. Louis Poli, Gloucester; Mrs. Arthur Leach, Wenham; Mrs. Mary Floyd, Manchester; Mrs. Douglas Sparks, North Andover; Mrs. Charles Merrill, Haverhill; Mrs. Henry McLaughlin, Nahant; Mrs. Jasper Gibson, Haverhill; Mrs. Walter Dean, Lawrence; Mrs. Gustaf Erickson, Danvers; Mrs. Helen Gillespie, Amesbury; Mrs. Carl Richardson, Swampscott; Mrs. R. W. Barnard, Merrimacport; Mrs. Frank Carson, Salem; Mrs. Francis Bond, Topsfield; Mrs. William Keith, Topsfield; Mrs. Hubert Boyle, Middleton; Mrs. Mary M. McIntire, Mrs. Harriet

GARDEN CHAT

Gardeners may be troubled by a few late broods of cut worms but generally speaking their damage is over by the middle of June. If you are still setting tomato or pepper plants protect them by placing some collars around them. Be sure that the protecting collar goes into the soil about two inches and protrudes above ground at least two inches.

Likewise, cabbage maggot damage may continue a few days more. Tar paper disc placed about early cabbage, broccoli and cauliflower plants will control damage from maggots. Late cabbage and similar crops will not be affected by maggots.

Watch for flea beetles on the set tomato plants, turnip leaves and many times, beans. These little black hopping beetles eat their way right through the leaves making holes the size of their bodies. These are controlled by the use of rotenone on beans or arsenate of lead on all other crops affected.

Mexican bean beetles will be appearing very soon. These are controlled by using rotenone products. Be sure to get dust or spray on the underside of the leaves where beetles are feeding.

Cucumber beetles can be controlled with the use of arsenate (calcium or lead) and Bordeaux. The last material will control blight spread and may serve as a repellent for the beetle. Rotenone may also be used in the control of beetles.

Cabbage worms may be controlled by using pyrethrum or rotenone dusts or sprays. During the early growth of cabbage it is perfectly safe to use arsenate as a means of controlling both worms and loopers.

The question whether spray or dust is best often comes up for answering. If you have spraying apparatus available follow that means of controlling insects and diseases. On the other hand if you have dusting apparatus in good condition practice that method. To do a dusting job well plan on getting the dust on the first thing in the morning or the last thing at night (after supper) when dampness is present on the foliage. A still night with no wind blowing is best.

C. M. Stearns

MORE POTASH TO FARMS

Thirty percent more potash, in the form of high grade muriate salts, has been allocated for agricultural use in the 10 months from June 1944 through March 1945, as compared with the same months a year earlier. Production has increased, War Production Board reports, but requests for allocations still exceed the supply.

Haynes, Miss May E. Foley, Miss Katherine M. Lawler, Miss Ethel M. Moore and Mrs. Harriet Butman of the Home-making Dept. of the School; Hilda Gaudet, and Miss Margaret M. Fitzpatrick, Assistant 4-H Club Agent.



4-H Club Notes



DAIRY JUDGING CONTEST

A county wide 4-H dairy judging contest was held on May 13, at Kimball's Ayrshire Dairy in Haverhill. Thirty eight young people judged four classes of Ayrshires. They also saw a Fitting Demonstration, or preparing an animal for the show ring, given by Assistant State Club Leader Harley Leland.

Four-H dairy members were present from the following towns: Rockport, West Peabody, Wenham, Topsfield, Newbury, West Newbury, Haverhill, Merrimac, Georgetown, Ipswich, Essex and West Boxford.

The high scoring judge of the day was George Gleason of Haverhill with a score of 176 points out of a possible 200. He received a year's subscription to the Ayrshire Breeders Digest, awarded by the Ayrshire Breeders Association. Second prize winner was John Srybny of Haverhill with a score of 173 points, Philip Publicover of Ipswich took third prize. Jerold Chadwick of West Boxford won fourth place, John Mosher of Haverhill, fifth while Peter Pierce of Rockport and Martha DeCosta of Haverhill tied for sixth. Ribbons were awarded to all prize winners.

Mr. George Kimball of the Kimball farm arranged the classes and the judging ring as well as furnishing milk for the entire group to drink with their lunch. He is assistant leader of the West Newbury and Haverhill 4-H Dairy Club. Mr. Ralph Woodworth is the local 4-H Dairy Club leader.

Mr. Leland and County Club Agent Byron Colby compared Dairy Judging scores to make the official placings.

HANNAH DUSTIN CLUB

The Hannah Dustin Club of Haverhill, a 4-H Dairy Club won second place in Hoard's Dairyman Dairy Judging Contest. They were second to a 4-H Club in New York State. The judging was done entirely by pictures of the different breeds and animals.

CLUB AND CAMP NOTES

The Batt's Hill 4-H Boys Club of Salisbury is paying one half the expenses of three club boys to 4-H Camp Leslie. They have recently bought a new 4-H flag and an American flag to decorate their club room. Assistant State Leader Earle Nodine recently met with the club and showed colored slides of club work throughout Massachusetts.

The Saugus Town Committee is paying camp expenses for outstanding project work of a limited number of 4-H members in Saugus.

CLUB NOTES

The Happy Hoe and Harvest Garden Club of Newbury led by Mr. and Mrs. Leslie Thurlow are meeting regularly and planing their garden work for the summer.

The American Helpers a boys garden club led by Mr. Mudgett of Ballardvale is meeting regularly. Recently they elected officers and also had an illustrated lecture given by Mr. Earle Nodine, Assistant State Club Leader.

The Handicraft Club of West Boxford recently planned their exhibit and painted the playground equipment as a community service. This club has also collected and destroyed tent caterpillars.

The North District 4-H Club of Andover led by Mr. Francis Hebb reports the plowing of 4-H gardens. The club has voted to have dues.

The Victory Club of Middleton led by Miss Sylvester had a Quiz on Safety. This club reports six boxes of clothes ready to send to the needy.

The 4-H Garden Club of Ipswich led by Miss Johnson discussed preparing the soil for planting. The club is going to plant a garden for an elderly woman again this year. This club recently enjoyed a trip to the Crane estate gardens in Ipswich.

The Red Rooster Jrs., of Saugus led by Paul Corson helped with the local paper drive.

The Ipswich Livestock and Poultry club led by Mr. Everett Jewett organized recently with a membership of nine.

The Essex Poultry Club led by Lawrence Shanks are going to take part in a Tattooing and Vaccinating demonstration. The members have been giving oral reports on different phases of poultry work in their club meetings.

RURAL SUNDAY MAY 21

The West Gloucester 4-H Boys Club attended the local church to celebrate Rural Sunday.

The Danvers 4-H Clubs attended services with the members of the Maple Street Congregational Church, held in the Masonic temple as fire destroyed the church building the night before.

The Merrimacport Agricultural Club also attended church on May 21.

JUNIOR LEADERS' STATE CAMP

Four-H Junior Leaders who will be eligible to attend the State Camp as well as those girls who will be eligible for entering State Girls' Day will be announced in the July issue of the Farmer and Homemaker. State Camp will be July 9-12 and State Girls' Day will be held on July 12.

CANNING ACHIEVEMENTS AWARD

The 4-H canning achievement contest which was held last summer will continue again this year. This year there will be two classes, one for first year members and one for the advanced members. The plan is as follows:

First year members:

- 50 jar a month — Excellent
- 35 jar a month — Very Good
- 25 jar a month — Good

All other members

- 100 jars a month — Excellent
- 75 jars a month — Very Good
- 50 jars a month — Good

Your club leader will tell you more about it at your club meeting.

LIBERTY SHIP GEORGE L. FARLEY

Word has been received from Mr. Horace Jones, State Club Leader, that a Liberty Ship will be launched at South Portland, Maine, on or about June 30.

OLD TIME 4-H LEADERS MEET

On May 3, at the home of Silas Little in Newbury, the Old Time 4-H Leaders of Essex County got together for a social time and a revival of 4-H experiences over the years.

Those present were: Mr. and Mrs. Richard Abbott of Andover; Mr. and Mrs. Leon B. Jordan of Groveland; Mr. and Mrs. Silas Little of Newbury; Mr. and Mrs. Arthur Usher, Danvers; Miss Myra Smith of Merrimac, formerly of Methuen and Miss Smith of Newbury.

Guests were Mr. and Mrs. Robert B. Ewing of Plymouth County, Mr. Ewing was a former Club Agent in Essex County.

Enthusiasm ran high throughout the meeting. Four-H has meant a great deal to these leaders down through the years. Not only for what they have done for the young people but for the experience and good times they have had together as 4-H leaders. Mr. Ewing spoke to the leaders and told what it meant to him to know that folks he worked with some 15-20 years ago were still interested and active in 4-H.

Four-H memories are lasting memories for those sincerely interested in helping others!

TIGHTEN THE CLOSET

A pound of naphthalene flakes is enough to protect 100 cubic feet of clothes closet provided the closet is as tight as a refrigerator. The more the door is opened, the more flakes must be added.

Essex Farmer and Homemaker

VOL. 26

HATHORNE, MASS. JULY, 1944

NO. 7

Entered as a second-class matter, May 28, 1919, at the Post Office at Hathorne, Mass., under the Acts of August 24, 1912.

"Onion Gossip"

Did You Know

That onions lose their teary qualities if you peel them under water? Just turn on the faucet and hold them under—there won't be a wet-eye in the house.

That....."If you chew a sprig of parsley, you needn't eat your onions sparsely?" Honest to goodness, parsley does the trick..... you can have your hamburgers "with" and still be socially acceptable.

That..... onions are in Group Three of the Basic Seven, along with potatoes? Group Three foods add to our daily quota of vitamins and minerals.

And did you know that onions are perfect in combination with these foods?

Eggs:.....Try serving a feathery onion omelet for unsurpassed flavor and food value.

Liver:.....Of course, everybody knows the old standby, calves' liver and onions..... but **pork liver** in a casserole with lots of onions is a savory dinner dish, too. And that goes for most of the low-cost variety meats. Make them taste better and go farther with onions.

Tomatoes:.....Take our insurance against left-over vegetables by serving stewed or scalloped onions and tomatoes, the bright color and brighter flavor will make vegetable time a delight instead of a trial.

Green Salad:.....If you haven't any scallions to cut up in your salad.....try slicing onions very thin instead..... they will lend any salad a new crispness and gay flavor.

Onions aren't as plebeian a vegetable as you might think. An anonymous poet was once stirred to pen these lines:

"Let onions dwell within the bowl,
And scarce suspected, animate the whole".

From now on, perhaps you'll think of onions with a little more respect. As the poet implied, they add real glamour to the dullest foods, as in an unobtrusive way. Eat more onions..... don't ignore them..... if you do you'll never know what you are missing.

And a final onion gossip item: Onions are plentiful now..... one onion a day will spice your meals..... flavorful meals will make your family clean their plates..... and you will have done another wartime food job. Use one onion a day, and discover new taste variations.

ARE YOU LABEL OR TAG CONSCIOUS?

There is a real need for conservation in the lives of all of us today.

There can be no doubt that closer attention to tags, and the information they contain will go a long way in helping every woman conserve the products she buys for her home and family.

Labels telling the fibre content of a fabric as well as how to care for it are

Staff Changes

The following staff changes and appointments are announced by the Board of Trustees, effective this summer and fall: Mr. Calton O. Cartwright who has been with the school since October, 1931, has been appointed Associate County Agricultural Agent effective July 1, 1944. Mr. Cartwright came to the school as an agricultural and related subjects instructor and served in that capacity until the increasing pressure of the defense and war effort became so great that he was put on a part-time basis in Extension work along with his teaching. Mr. Cartwright is well known to farmers through his activities in connection with vegetable and forestry projects and more recently as chairman of the Selective Service Committee of the County War Board.

Miss Katherine M. Lawler, County Home Demonstration Agent, has been granted leave of absence for one year to do graduate study and professional improvement work. Miss Lawler has been a member of the school staff since April, 1941, and will return to her duties September 1, 1945.

Miss Ethel M. Moore, Educational Manager of the Homemaking Department, has been granted leave of absence from her duties, and will serve as Acting Home Demonstration Agent during Miss Lawler's absence. Miss Moore has been with the school since September, 1928, and is well known to hundreds of graduates of the Homemaking Department, and will become better known to many other families in the county while she fills this position during Miss Lawler's absence.

Administrative duties in the Homemaking Department will be assumed by Mrs. Constance Maude, who has been in the Homemaking Department since Sept., 1932, as instructor in related subjects.

The School Administration feels that it is very fortunate in being able to maintain its teaching staff during war time conditions with so few changes, and is looking forward to the continued accomplishment of war time activities as well as the usual school program with a high degree of efficiency.

supplied for the consumer, but how many take the time to read them and the directions given for their care.

It is impossible to know how to care for clothes and get the most service from them, without being informed about fabrics from which they and their decorations are made.

Don't throw away labels and tags after making a purchase, read the labels, save them, until needed for reference. This is one way of conserving and making the article last longer.

Parents' Day

The annual Parents' Day was held by the Homemaking department on June 14. In the morning the parents and friends of the students were afforded an opportunity to tour the grounds.

Several awards were made during the morning when Mrs. Beatrice Coubig, Coach, awarded numerals and letter to the following girls:

Letters—Ruby Richardson, Middleton; Constance Ormsby, Andover; Cynthia and Helen McAuley, Danvers; Dorothy Lawton, Peabody; and Doris Wood, Salem.

Numerals were awarded to Dorothy Dunn, Salem; Mildred Sapienza, Methuen; Rose Grasso, Lawrence; and Hilda Gaudet, Andover.

June Flower Show

The Junior Girls held their annual June Flower show in connection with Parents' Day. Hilda Gaudet, chairman of the show presented to Edyth Marsland of Methuen a dish garden the prize for having the most outstanding exhibit in the show.

The judges were Mrs. Herbert June and Mrs. H. Linwood White of Danvers and Miss Margaret Harris, Art Instructor at the School.

Those in charge of the show were Hilda Gaudet, manager; Helen McAuley, assistant manager; Polly Little, Newbury, clerk; other chairmen were Dorothy Lawton, Cynthia McAuley, Marjorie Greaves, Salem; Edyth Marsland, Alyce Twomey, Newbury and Eleanor Moore, Groveland.

Those who won first prizes were: Hilda Gaudet, Dorothy Lawton, Helen and Cynthia McAuley and Marjorie Greaves.

Exhibits

In the various classrooms of the Homemaking Building there were exhibits of the work the students have done during the school year.

There were painted trays and other wooden articles decorated, felt belts, hats and accessories. The dresses that the girls have made for themselves and small sisters drew a great deal of attention as well as the seniors' graduating dresses which were of navy blue with white accessories.

In home care the girls refined furniture. The Library had some of the new books which have been purchased during the year on display. There was an interesting as well as informative exhibit of things to be improvised in the sick room, the methods of doing things today as well as some of the methods of 35 years ago.

(Continued on page 2, col. 1)

Essex Farmer and Homemaker

HATHORNE, MASS.

Published monthly by the Trustees of
the Essex County Agricultural School

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PARENTS' DAY

(Continued from Page 1 Col. 3)

Afternoon program

In the afternoon the students had a style parade with Constance Ormsby as narrator and Ethel MacNeil of Saugus piano accompanist.

The guest speaker was Mrs. Mildred Beryle Palmer of Arlington who gave a very inspirational talk interspersed with wit. Mrs. Palmer chose for her subject "Making the Most Out of Life".

Miss Ethel M. Moore, Educational Manager of the Homemaking Department, presided and Director Harold A. Mostrom brought the greetings of the school.

A social hour was enjoyed in the faculty dining room with the Junior Girls serving refreshments under the supervision of the Foods Department.

FIRST-AID FOR BLEEDING BEETS

Probably more homemakers would serve beets if they could keep this colorful vegetable from fading while cooking. Here's how to boil beets and keep their bright red color.....leave on the long taproots and an inch or two of the stems. But if the water is hard the cook will have to take further precaution. Alkaline water causes beets to turn bluish so the color-saving trick is to put a little vinegar or lemon juice in the water to make it slightly acid.

Boil beets in their jackets in salted water.....about one teaspoon of salt to a quart of liquid. Using a lid saves fuel and time. It takes about 45 minutes to cook young beets until tender. A quick dip into cold water loosens the jacket on a cooked beet so it can be slipped off very easily.

OLD BIRD, YOUNG BIRD—COOK IT RIGHT

Old hens and spring chickens will crowd markets near places where they are raised during the next six months. The supply of chickens for sale will be heaviest in July, August and September. Reasons:

Shortage of feed will cause many farmers to cull their flocks sharply to get rid of loafer hens and even some layers. Limited facilities will make difficulties in shipping many of these birds far, so local markets will get most of them. Scarcity of storage space for the heavy supply of chickens will mean that chickens must be canned or frozen for next winter's use — or eaten now to prevent waste.

For the homemaker who has a savory chicken supper in mind, home economists suggest these rules for cooking poultry:

1. Know a young chicken from an old, and cook according to the right method for the age of the bird. Marks of youth in chickens are: flexible cartilage on the rear end of breastbone, tender skin, soft meat, few hairs, and soft smooth feet. Broil, fry, or open-pan roast young, tender, well-fatted birds. Braise in a covered casserole or covered roaster lean young birds or hens past their prime for roasting. Cook very old birds long and slowly in water or steam. Then strip meat from the bone and use as a base for dishes cold or hot, such as chicken salad, chicken a la king, chicken loaf, croquettes or soufflé.

2. Cook birds of any age at moderate heat so the meat will be juicy, tender, and evenly done to the bone with little shrinkage. This way of cooking is economical of fowl and fuel.

3. When poultry, either raw or cooked, must be stored a day or two, keep it cold. After it is cooked, if it is not to be eaten immediately, chill it quickly.

FREAK WIND

Instructor J. Stanley Bennett reports that on Thursday June 8 just after dark a freak wind swept down through the poultry yard moving feed hoppers, three poultry shelters filled with birds and weighing 800 to 900 pounds apiece. Some of the shelters were moved 3 to four feet off their bases.

The loss was three pullets killed.

SALMON CUSTARD

2 cups milk
1 diced onion
3 tablespoons butter
3 eggs slightly beaten
1 can salmon
1 cup fresh bread cut in one inch pieces

½ teaspoon salt
dash of pepper and nutmeg

Scald milk with bread and onion and butter. Pick over can of salmon and mix with beaten eggs, salt, pepper and nutmeg then mix well with the milk and onion.. Bake like custard for 45 minutes. Makes eight servings.

Barbara Hood

QUICK MAYONNAISE

During the summer we like many types of salad dressings here is one which may be made quickly and goes with many kinds of salads.

1 can condensed sweetened milk
2 eggs
1 teaspoon salt
1 teaspoon dry mustard
1/8 teaspoon pepper

Method

Empty can of milk in bowl. Break into the can the eggs, add dry ingredients and fill can with vinegar. Clean out the can into the bowl with a rubber scraper.

Beat with egg beater until thoroughly mixed.

Place in refrigerator until thick. Fresh lemon juice may be used instead of vinegar.

Amount 1 pint. Cost approximately 25 cents.

REUNION OF H. S. B. CLASS '42

On May 13 the High School B. Class of 1942 held a reunion in Boston. We all met at North Station and then proceeded to Stuebins for dinner. Those present were Eleanor Duffy, Newburyport; Gertrude Barney, Rowley, and Marion Noyes, Newbury, who now reside at Wellesley College where they are employed; Elsie Robertson, Beverly; Margaret Maroney, Peabody; Norma Walsh Perkins, Topsfield; Helen Gadohis, Reading; Agatha Stravinsky, Methuen who is in training at Mass. General Hospital and Marjorie Pierce, formerly of Salisbury now of Salem. We discussed old times and also classmates who couldn't be present. We spoke of having another reunion in about six months.

Marjorie Pierce

CASSEROLE OF CHICKEN WITH VEGETABLES

This is a good way to use either a lean young chicken or a well-fatted older bird not suited to roasting.

Ingredients: 4 to 5 pound chicken; salt and pepper; flour; 2 tablespoons butter or other fat; 3 carrots; 1 bunch celery; 1 onion; 1 green pepper; 1 cup hot water; 1 cup milk. How to make: Cut up fowl, season with salt and pepper, sprinkle with flour, and brown in the fat in a frying pan. Remove the browned pieces to a casserole.

Chop the vegetables, and pour them into the frying pan to let them absorb the browned fat. Then transfer them to the casserole with the chicken, add a cup of hot water, and cover.

Cook in a slow oven (275 degrees F.) for 3 to 4 hours, or until the bird is tender. Add more water from time to time, if necessary.

Just before serving, remove the pieces of fowl, and skim off excess fat from the mixture of broth and vegetables. Mix 2 tablespoons of this fat with an equal quantity of flour and add with the milk to the contents of the casserole. Cook for 10 minutes longer, season to taste, and pour vegetable sauce over the fowl, or replace the pieces of meat in the sauce and serve from the casserole.

GUIDES FOR CUTTING TIMBER IN THE NORTHEAST

Prepared by Allegheny Forest Experiment Station

EASTERN WHITE PINE

Description of the Forest

Eastern white pine stands may be pure white pine, but usually have varying proportions of such species as red oak, white ash, hemlock, gray birch and red maple.

Most white pine stands are second growth. Less than one-fourth the area in eastern white pine in the Northeastern States supports saw-timber-size trees. Under the pressure of wartime cutting, even immature stands barely large enough to make two-by-fours are often being stripped of timber. The labor and wear and tear on machinery and tires thus wasted in the pine region on trees too small to pay their way are enormous.

Estimate the Stand

Tally all trees 12 inches in stump diameter and larger. Hardwood cordwood is in demand; so cut the red maple, gray birch and unthrifty hardwoods.

Plan a 60-Percent Cut

A good general rule in stands of eastern white pine is to cut no more than 60 percent of the total board-foot volume at one time.

A 60-percent cut in this type usually means cutting all saw timber 12 inches in diameter and larger; and, if there is a ready market for fuel wood, removing low-grade competing hardwoods. The volume harvested will be restored by growth within approximately 15 years when a second cut yielding even higher value timber should be possible.

Leave clean-boled, straight pines over 12 inches in diameter at the stump; as well as good red or white oak, ash, basswood, and hemlock, wherever these are present and are needed to round out the stand, free the crowns of the trees that are reserved.

Large, clear, pine logs are sometimes sold for box lumber because of lack of information on markets. Such logs make the highest grades of lumber and should bring specialty prices. There may also be valuable oak ship timbers or ash handle stock in the stand. Remember that large logs cost much less per thousand board feet to cut and haul than small logs; hence, the net return is always higher.

The 60-percent cut should average out over about 5 acres. Try to leave a good thrifty tree over 12 inches in diameter every 35 feet, in addition to several small trees under 12 inches. This is usually possible with a 60-percent cut in stands running 3,600 board feet per acre or more. A similar cut in stands having less volume leaves smaller younger trees as the reserve stand and extends the interval between successive cuts.

Small Trees

Twice as many man-hours are required to cut 1,000 board feet of logs from 6-inch as from 13-inch pine. The same applies to skidding. It takes all three times as many man-hours to

A WOMAN'S JOB!

Mr. William H. Danforth chairman, Ralston Purina Co., who had celebrated his 50th year in business and still saw much work to be done, felt it wise to check up on himself to be sure of giving the best service to mankind. As a guide he used a list compiled by the late George E. Morton.

The natural job for us women is to prepare food for some one and it is one of the most important professions in existence. Whether we have done this work for one year or fifty years it is well for us to follow Mr. Danforth's wisdom.

1. Are we women able to prepare a whole meal thoroughly?

That is competency

2. Do we know how to find a better way to prepare food?

That is resourcefulness

3. Do we see new food to prepare?

That is initiative

4. Are we able to work smoothly with fair minded women in preparing food for a public meal?

That is tactfulness

5. Are we able to acquire a vision of the situation as a whole so that last minute rushes will be avoided?

That is foresight

6. Do we keep developing our ability in preparing food beyond the point where a rut looks good to us?

That is growth

7. Do we have the courage of our convictions to keep harmful foods, beverages and narcotics away from our family table?

That is red-bloodedness

8. Then there is loyalty — the greatest virtue in the world. Are we loyal to our "Bread Winners?" Do we avoid a little early morning sleep in order that there may be a well prepared breakfast? Do we avoid part of an afternoon movie, card game, club meeting or shopping in order that there may be a well prepared supper or dinner?

Calvin Coolidge always felt the success of the nation depended upon the condition of the "Hearthstone". Let's all of us women check ourselves preparing for the changes and chances of these coming months, to keep our United States firm!

Harriet M. Butman

Foods Instructor

Credit is given to Mr. William H. Danforth, Chairman, Ralston, Purina Co.

GARDEN CHAT

Victory Gardeners should set out at once late plants of cabbage, broccoli, and cauliflower for Fall crops. Seedlings of carrots, beets, lettuce, beans and sweet corn should be made by July 10th for Fall use. Gardeners may put in a crop of beets by August 1, for beet greens only. Turnips might well be planted by August 1, too.

Mexican bean beetles are controlled by rotenone products and apply the dust or spray to the underside of the leaves. Cucumber beetles and cabbage worms are controlled by rotenone, arsenate of lead, or Krysocide.

Place shingles or boards near the hills of squash for the squash bugs to crawl under at night. This is called a trap method of control. Visit boards early each morning and destroy these insects collected on underside.

Have bordeaux mixture handy for controlling bacterial blight on tomatoes, potatoes, celery, cucumbers and other susceptible crops. To control blight effectively have bordeaux material on the foliage to seal in the blight spores when moisture is present as the spores multiply and spread rapidly under such conditions.

Mulch about tomato and pepper plants will help greatly such as lawn clippings and hay. Apply layers of 3 or 4 inches. Mulch will keep weed growth down, conserve moisture and will reduce fruit cracking.

Tomato plants which are trellised should be gone over faithfully every week or 10 days to remove all sucker growth. Lateral growths or suckers grow out at the axis between the main stem and leaves. These in turn will produce another plant if allowed to grow. One important factor for which folks trellis tomatoes is to have them earlier and unless one is faithful in removing suckers, food, water go into the development of earlier fruit and main leader development.

Many victory gardens are located near stone walls where poison ivy is growing profusely. Sodium Ammate used at the rate of 1 lb. per gal. of water sprayed onto the ivy foliage is highly recommended. Another control is 3 lbs. of ground rock salt per gal. of water, sprayed on leaves and applied to vines is effective. Old crank case oil, 1 part mixed with 2 parts kerosene sprayed onto ivy has been useful.

C. M. Stearns

POULTRY NOTES

"Many poultrymen estimate that pullets will eat 20 percent less feed when they are on a good grass range. Clipping the range as soon as the grass gets too tall keeps the growth succulent and higher in protein. Moving colony houses tends to keep the range more evenly eaten, and prevents the bare spots around the house which would otherwise favor an outbreak of coccidiosis."

Francis C. Smith
County Agri'l Agent

mill 1,000 board feet of 6-inch as of 12-inch logs. At least 16 percent of the labor will be saved by cutting nothing under 13 inches in diameter in the usual second-growth stands.

The value of graded lumber from 13-inch trees will be 50 percent greater than that of lumber from 6-inch trees.

A cordwood cutter can produce 2 cords from 12-inch trees in the time it takes to cut 1 cord from 4-inch trees.

Ezra I. Shaw
County Farm Forester



4-H Club Notes



HOME HAZARDS — PREVENT THEM!

The Mennen Company announces a Safety Contest for all 4-H members interested in improving safety conditions on their farms and in their homes.

Awards

County — 5 to 10 medals depending on participation in the County

State — 4 — \$25 War Bonds

Sectional — 10 educational trips to National 4-H Club Congress

National — 6 scholarships of \$200 each

If your club members are interested send in their names and addresses to the Club Agent.

Here is a Checklist of Home Hazards We generally think of our homes as havens of safety yet according to the best records available 31,500 lives are lost, 120,000 persons are permanently injured, and 4,450,000 are temporarily laid up by injury on American farms each year.

These figures show that accidents are the real enemies of our homes. Most of the accidents were caused by carelessness and thoughtlessness. No doubt each of you has done something about the causes of accidents you have found.

1. Are your rugs skid-proof?.....
2. Do you have a screen for the fireplace?.....
3. Are hot containers beyond the reach of small children?.....
4. Are matches kept in metal boxes out of reach of children?.....
5. Are electric cords and plugs in good repair?.....
6. Is trash disposed of promptly?.....
7. Are hot ashes placed where they won't start a fire?.....
8. Are kerosene lamps kept out of reach of children?.....
9. Do you keep floors clear of toys and other tripping hazards?.....
10. Have you painted the top and bottom steps white in cellar stairs?.....
11. Have you a step ladder in good repair?.....
12. Are stairs well lighted?.....
13. Are the stairs clear of toys, mops, refuse?.....
14. Are there handrails on all stairways with open sides?.....
15. Do you clear ice from steps and walks as soon as possible?.....
16. Are all steps in good repair?.....
17. Are sharp edged tools kept away from children?.....
18. Are poisons and medicine labeled and stored out of reach of children?.....
19. Are guns stored unloaded?.....

LITTLE PRESERVE JARS

Little preserve jars on the shelves, Very soon you will find yourselves Filled with things so good to eat, From dill pickles to chicken meat.

To our family you will mean a lot, For the things which can't be bought, Without some ration points and may be a token or two, You know little jars we're depending on you.

When you are open and out you go, Into a kettle or pan Mother and daughter will certainly say, "Oh we are so glad we decided to can".

Next year we will do even more, To help keep high prices down, By putting up just twice as much, To make ours a banner town.

Alison Cass, Age 11 years
Middleton, Mass.

CAMP MINWANCA, MICHIGAN

Another announcement that was made at Girls' Day was that Betty Grimes of Danvers, has been chosen to attend Camp Miniwanka in Michigan for two weeks this summer.

Betty will be one of two girls chosen to represent Massachusetts at this camp. This camp will take the place of the National Camp which is not being held because of war conditions.

Betty is 17 years old and has been a club member since 1937. She has been a Home Furnishing club member for three years; Sewing club three years; Music club member for one year; and a member of the Book Lover's Club for three years.

In 1941 Betty was a delegate to the State Camp; 1943 a Junior Councilor at Camp Leslie; and in 1944 Junior Leader of a Home Craft Club.

Betty is the daughter of Rev. and Mrs. William Grimes.

GIRL'S DAY

The annual Girls' Day was held at the Essex County Agricultural School on June 3, with 125 girls and their leaders present.

There were many exhibits and the judges Miss Marion Forbes, Miss Tena Bishop, Assistant State Club Leaders, Miss Eleanor Parker, Associate Club leader at Bristol County, Mrs. Gladys Taylor, Lynn and Miss Mary Sacco of Cambridge, had quite a time deciding on the prize winners. There were 115 prizes awarded. Space does not allow us to list them all but first place winners were: Marguerite Fossa, Danvers; Ida Mazzaglio, Beverly; Barbara Tenny, Danvers; Marilyn Comfort, Saugus; Ruth and Carroll Canty, Beverly; Isabel Russell, Danvers; Barbara Clark, Danvers; Ann Lombard, Danvers; Virginia Bennett, Danvers; Barbara Santin, Beverly; Carolyn Quimby, Middleton; Barbara Sperry, Saugus; Allene Dozier, East Lynn; Lee McLean, Danvers; Barbara Kuell, Middleton; Peggy Anderson, East Lynn; Mary Richardson, Middleton; Alison Cass, Lucille Scamperino, Zena Podhorny, Haverhill.

SAVE FERTILIZER BAGS

Bonfires on the farm to burn paper bags which carried fertilizer and lime are now taboo, says B. G. Waters, Jr., executive secretary of the Massachusetts Salvage Committee. The waste paper salvage program for the nation has been running 150,000 tons short of our needs every month, and these heavy bags from the farms of the state would make a valuable addition to our paper salvage stock pile. Just as housewives make every effort to save scrap paper, so should farmers make every effort to save these bags.

SAUGUS FAIR

The town of Saugus will have a fair again this year the dates are Friday and Saturday, September 8 and 9.

We shall be glad to print the dates of other fairs to be held in Essex County Communities as we are informed of them.

STATE CAMP

Announcement was made at the Girls' Day program of the boys and girls who have been selected to attend the Junior Leaders State Camp at Amherst July 9-12. These young people are: Marilyn Comfort, Saugus; Marion Anderson, East Lynn; Nathalie Polk, West Glou-

cester; Marguerite Fossa, Danvers; Betty Bedrosian, Haverhill; Virginia Bennett, Danvers; Frances Bonjorno, Beverly; Robert Bartlett, Salisbury; J. Warren Chadwick III, West Buxford; Harold Coleman, West Gloucester; Lee Powers, Merrimacport; Peter Peirce, Rockport; William Marshall Jr., Georgetown, and Boyd Berrett, Saugus.

Essex Farmer and Homemaker

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HATHORNE, MASS.

AUGUST, 1944

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Entered as a second-class matter, May 28, 1919, at the Post Office at Hathorne, Mass., under the Acts of August 24, 1912.

Steam Pressure Canners versus Hot Water Bath

Many inquiries have come to the Extension Department of Essex County as to the advisability of using the hot water bath for canning of fruits and vegetables. Recently there was a large advertisement in the newspapers and magazines by the Good Housekeeping magazine that the only safe way of canning is by pressure cooker.

New England home canners using long process periods at 212 degrees Fahrenheit (boiling water) have packed millions of jars of products with no serious resulting spoilage. Canned vegetables, except tomatoes, should be boiled for ten minutes after removing from container and before serving.

The U. S. Department of Agriculture issued the following statement that the use of the steam pressure canner is the only method it can recommend for the canning of certain types of vegetables. In response to numerous requests by individuals and agencies interested in the canning of Victory Garden Products, the Department made it clear that it can recommend only methods considered **universally safe**, since its published material is used in all parts of the United States.

Certain spoilage organisms, as well as the spores of *Bacillus botulinum*, are not readily killed by boiling temperatures in non-acid products, but are destroyed by the high temperature developed in a pressure cooker correctly used. If *botulinum* spores are present in a non-acid food and are not destroyed, they may grow and generate a fatal poison, or toxin.

The non-acid foods include such vegetables as beans, peas, corn, spinach, other greens, and asparagus, as well as meats. It is for these products that the Department recommends the use of a steam pressure canner. In acid products such as fruits and tomatoes, rhubarb and pickled beets, on the other hand, *botulinum* spores are made harmless or destroyed by boiling temperatures, and these foods can be safely canned by the boiling water-bath method.

Home-canned non-acid vegetables processed by the boiling water-bath method can contain *botulinus* toxin even if there are no signs of spoilage. To be safe, such products should be brought to a boil for at least 10 minutes after the can or jar is emptied before they are eaten or even tasted. Boiling for a full 10 minutes or more will destroy the toxin, though not the *botulinum* spores. It is the toxin, not the organism itself, that is harmful.

(Continued on page 2, col. 3)

Evening School Program

Various classes in adult instruction will be offered by the school to the farmers and homemakers of Essex County. These classes are held if there is sufficient enrollment to warrant the organization of any one or more types of classes.

Courses are offered in dairy laboratory practices, general dairying, poultry, pork production, victory gardening, soils and fertilizers, food, clothing, and home nursing.

In general, these classes are open to those who are engaged in and have problems in these various fields of agriculture.

Further announcements and information concerning the nature of these classes will be forthcoming from time to time, and the School invites inquiries from individuals either by mail or telephone. Inquiries will be acknowledged promptly, and should be made direct to the instructors involved or by addressing the Director, Essex County Agricultural School, Hathorne, Massachusetts.

FARM MACHINERY REPAIR CLASSES

Evening classes in the repair of farm machinery and equipment will be offered to the farmers of Essex County again this year. These will include the repair and maintenance of both motorized and non-motorized equipment.

Last year these classes were held on Tuesday and Thursday evenings from seven to ten o'clock, and it is quite likely that these may be the same meeting nights this year.

The exact opening date for these classes will not be set until there has been some indication as to how many applicants desire to be enrolled. These units are generally six to eight weeks in length and will be held both before and after Christmas, depending upon the demand.

Groups of applicants may arrange to obtain extra gasoline from their local ration boards if they cannot get to these classes in any other way.

The School would like to receive applications by mail or telephone from interested farmers.

A letter was received at the School from Gilbert Fournier. He has been in the station hospital, Camp Wheeler, Virginia with an infected knee. His address is Pvt. Gilbert Fournier, A.S.N., 31431664; Ward B-1 Station Hospital, Camp Wheeler, Va.

New Students to Report September 5

On Tuesday, September 5, both departments of the school will receive another entering class of new students. Applications to date indicate an enrollment of new students approximately the same as last year.

One of the problems which undoubtedly causes many parents to hesitate to send their sons and daughters to Essex Aggie is the matter of transportation.

Where there are several inquiries from a given area, it is sometimes possible to arrange for private transportation when there is a sufficient number interested to permit the allotment of gasoline for the operation of a private car.

Director Mostrom suggests that parents who are considering the matter of entrance for their children get in touch with the school right away to see what possible arrangements might be made.

In the Agricultural Department, instructors have had under their supervision through the summer 65 to 70 boys, many of whom have indicated already their desire to enroll, and others may come to that decision later as a result of their summer experience. Both students and instructors thus have become better acquainted with each other, with the result that a more effective program of instruction will undoubtedly follow because of this summer work.

All inquiries concerning enrollment of students should be referred to the Director, Essex County Agricultural School, Hathorne, Massachusetts.

MASSACHUSETTS POSSESSES FIRST WOMAN HERD TESTER

Miss Mary P. Marriott of Brimfield recently has been appointed herd tester for the Dairy Herd Improvement Association of the county. Miss Marriott is the first woman tester in Massachusetts, and has already built up her program of work to the extent that she has a full month's work and no spare time for additional herd testing.

Miss Marriott has been an outstanding 4-H dairy club member and local leader and has won prizes in statewide 4-H competition.

She is proving to be a very acceptable addition to the dairy herd improvement program for Essex County.

Cpl. Eddie Moran, says that he had a little Aggie reunion a while ago with Ray "Joe", Mizzie and Arthur LaPlante.

Essex Farmer and Homemaker

HATHORNE, MASS.

Published monthly by the Trustees of
the Essex County Agricultural School

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NEW LUMBER PRICES

The Office of Price Administration has recently issued its third revision of MPB 219, establishing new ceiling prices for Northeastern Softwood lumber. These prices became effective July 17, 1944.

Log run White Pine Rough sawed	
Load on trucks from pit On Sticks	
Square edge Dry	\$41.50
Green	\$38.50
Rounded Dry	\$33.00
Green	\$30.00
Loaded on trucks Loaded on Rail-	
from sticks road Cars	
\$42.50	\$43.50
\$39.50	\$40.50
\$34.00	\$35.00
\$31.00	\$32.00

Lumber may be invoiced as dry if it has been on the sticks at least 30 days and is shipped on or before August 17, 1944, or has been on the sticks at least 60 days and is shipped between August 17, 1944 and September 17, 1944, or has been on the sticks at least 90 days and is shipped after September 17, 1944.

The new price lists mainly effects rounded lumber which has advanced \$4.00 per thousand.

It would appear that now is the favorable time to dispose of the rough box-board type of pine. More than 50% of this year's cut of lumber is needed for boxes, crates and dunnage.

Ezra I. Shaw
County Farm Forester

Priscilla Glines S 1/C of the Spars has been on furlough from her duties in Cleveland, Ohio. Priscilla likes her work very much.

Major Henry P. Thurlow has been visiting the school lately. The Major had a furlough, the first in over two years. After being on the West Coast for two years he has been back to Camp Lee, Virginia doing some special work.

REHABILITATION COMMITTEE FOR ESSEX COUNTY

The Essex County War Board has just appointed a Rehabilitation Committee to assist veterans and others interested in going into farming. The Committee members are:

Chairman — M. G. Grey, Main St., Wenham, Mass.

Secretary — F. C. Smith, Hathorne, Mass.

Dairy — Wilfred Martel, High St., Ipswich, Mass.

Vegetables — James Wrest, 66 Ash St., Danvers, Mass.

Fruit — Archer Pierce, Felton St., Peabody, Mass.

Poultry — Harry Blackadar, 1058 Boston Road, Ward Hill, Mass.

A. A. A. — Harry L. Cole, Main St., W. Buxford, Mass.

Forestry — Ezra Shaw, Farmer Forester, Hathorne, Mass.

F. S. A. — Winthrop Gleason, E. Broadway, Haverhill, Mass.

Agri'l School Director — H. A. Mostrom, Hathorne, Mass.

Veterans' Ass'n — Walter Morse, Danvers, Mass.

Real Estate Board — Harry Clifford, 1 Hawthorne Blvd., Salem, Mass.

U. S. Employment Service — George Hinckley, Haverhill, Mass.

Subsistence Farmer — Mrs. Mary Chase, 93 Pine St., Danvers, Mass.

Part-time Farmer — Elvin Cox, Newbury Rd., Ipswich, Mass.

Rehabilitation Committee — R. S. Speck, Main St., Rockport, Mass.

Home Economics Work — Miss Addie Rowell, 37 Dwinells St., Groveland, Mass.

Mrs. Harry Blackadar, 1058 Boston Rd., Ward Hill, Mass., Mrs. Warren Dodge, 739 Broadway, Haverhill, Mass.

Miss Ethel Moore, Essex Co. Agri'l School, Hathorne, Mass.

NEW LABORATORY SUPERVISOR APPOINTED

Mr. Charles K. Strong of Melrose has been appointed by the Board of Trustees to the position of Supervisor of the Dairy Laboratory. Mr. Strong comes to this work with a fine background of experience in the testing of milk products and in laboratory techniques for the control of animal diseases and parasites.

The School laboratory was established about fifteen years ago at the request of dairy farmers and milk dealers in Essex County to further a program for improving the quality and economy of milk production in Essex County. Facilities have been available for determining the percentage of butterfat in milk and cream samples, and also the bacterial count and presence of other impurities in milk.

Under Mr. Strong's management the services of this laboratory will now be broadened to include tests for the control of mastitis and for the determination of the presence of certain animal parasites. It is anticipated that this service will be of great use to local boards of health as well as producers and milk dealers.

STEAM PRESSURE CANNERS

(Continued from page 1, col. 1)

Any non-acid canned foods that show evident signs of spoilage should of course not be tasted or eaten at all.

In stating its recommendations, the Department of Agriculture made clear that, though *Bacillus botulinum* is widely distributed in soils, the number of cases of poisoning from home-canned non-acid foods is relatively small, and a large percentage of those reported have occurred on the Pacific Coast or in the Mountain and Great Plains States. Out side of these regions, some State Agricultural Colleges approve alternate methods of canning non-acid vegetables and meats, though all recommend the pressure canner as first choice. Each State College publishes directions for canning that it considers safe within its own State.

The Department emphasized that every safe and efficient method of preserving foods at home should be used as fully as available equipment permits this year.

Individually owned as well as community pressure cookers can be shared to keep them operating at capacity during the canning season. Large quantities of fruits and tomatoes can be put up by boiling water-bath method. Dehydrating, krauting, brining, pickling, and freezing can be used to advantage with many products. Root crops, winter cabbage, pumpkins, winter squash, and other products can be stored when suitable facilities are available.

Equally important is the consumption of large quantities of fresh vegetables and fruits in season. Here the family with a Victory Garden has the advantage. By eating liberal amounts of fresh products in prime condition over as long a season as possible, they can build reserves of health for the months ahead, and even store up certain vitamins in their own bodies instead of in the pantry or the cellar. Sharing fresh products with friends and neighbors can spread this advantage to others who may not be fortunate enough to have gardens of their own.

Katherine M. Lawler
County Home Demonstration Agent

K. P.'S GO OUT OF BUSINESS

One of the first food conservation measures adopted by the army kitchens under Colonel Stewart's supervision was the practice of cooking potatoes in their jackets. Actually it is very important.

A survey revealed that in a camp of 40,000, men that practice saved well over \$6,000, and nearly all the food value of potatoes was saved, because the vitamins and minerals lie just below the thin skin in the portion which is generally lopped off in peeling.

Homemakers, too would save time and money by cooking potatoes in their jackets, and they would be giving their families more food value. Army cooks have found that potatoes can be prepared in any of eight ways after first cooking in the jackets, and that they are actually better cooked and more evenly tender than if they were peeled and thrown raw into the pot.

LABOR CONDITIONS IN ESSEX COUNTY

A review of labor conditions in the county for 1944 and indicated prospects for the balance of the year would probably be of interest to our farmers.

Basically, the labor shortage is more critical this year than in 1943 in every type of labor from children to experienced mature labor. The requests for permanent help are running somewhat behind those for the first six months of 1943. This is probably the result of two factors. Many farmers have re-adjusted their crops and planned this year's work so less labor will be needed. And because they realize the improbability of obtaining help in many cases, they no longer even place an order when they could use someone temporarily.

The draft situation is now pretty well stabilized, and the majority of men over 26 now left will probably be available for the duration. However, those who have been taken cannot be replaced; and industry tries hard, by offering better pay and hours, to induce our farm help to leave us. Requests for release from agriculture to industry are frequent.

There are also far less children available for weeding and harvesting on the vegetable farms than in other years. This seems to be due to lack of necessity on their part to earn money. The parents, as a whole, provide the spending money the children want. In this branch of farming, the same trend toward plans for the reduction of labor needs are evident. While there is no great reduction in the total acreage planted, the replacement of crops requiring much hand labor, such as carrots, by squash and corn is quite noticeable.

Indications now are that we can provide the absolute minimum of labor needed to get our work done in all branches with the possible exception of apple harvesting. The apple crop seems at this time to be unusually large; and with a reduced number of pickers available, trouble here is probable. Plans are being worked on now to try and solve this.

The labor problem is directly tied in with the war progress and will not be materially eased until that is over. The farmer is doing his duty just as much as any soldier by producing under difficulties of every sort and must expect this condition to continue for the duration. Not until then, like the soldier, can he hope for a return to normal operating and living.

Albert E. Curtis
Emergency Farm Labor Assistant

PFC Arthur Manock, who is in the Marines writes that they have an outdoor basketball court with a coral deck. He also says how much he appreciates the School sending his parents a certificate showing that he left Essex Aggie to join the Marines.

Cpl. Richard Brown, who is stationed in India writes that he recently spent two weeks at a U.S. Army Rest Camp in Himalayan Mountains.

SUGGESTIONS TO FAIR EXHIBITORS

Many Fall Fairs and Exhibits are to be held in various communities in Essex County this year. Eager and enthusiastic gardeners last year yearned to exhibit their own grown products but did not know how and what to do. Many of your products last season were much better than you may have seen at your local fair. Support your local committees and exhibit some of those nice tomatoes, beans, carrots, corn, and what have you.

The following suggestions may be of help to you in entering plates in the local fair.

Exhibitors should select specimens:

1. Uniform in size
2. True to type
3. Prime table quality
4. Freedom from disease, insect and mechanical injury

(The four above points are the four points a judge considers in judging)

Leave only about 1/2 inch of top on plate exhibits of beets, carrots, turnips, and parsnips.

Do not wash potatoes or peel skins from onions — dust them off with a soft cloth.

Tomatoes and peppers should have short stem left on.

Exhibit correct number of specimens according to program list.

(Suggested list would be)

Beets, carrots, parsnips, turnips, tomatoes, onions, peppers, kohlrabi, potatoes — 5 specimens

Beans — 15 pods

Cabbage, celery, cucumbers, egg plant, squash, melons, pumpkin, cauliflower, broccoli, leek, rutabaga, turnip — 2 specimens

Sweet corn — 6 ears

C. M. Stearns

A SUMMERTIME DESSERT

Why not try Snow Pudding for a really refreshing, cool dessert on a hot summer's day?

3 Tablespoon cornstarch

3/4 cup of sugar

cup of Hot Water

Juice of one lemon

1 teaspoon grated lemon rind

White of 3 eggs

Mix cornstarch and sugar thoroughly, add lemon juice and rind, and cup of hot water. Cook in double boiler until thick and clear. Chill, fold in stiffly beaten whites of 3 eggs. Pile lightly in sherbert glasses and chill again before serving with custard sauce.

Custard Sauce

1 1/2 cups of milk

yolks of 3 eggs

4 Tablespoon of sugar

pinch of salt

1/2 teaspoon of Vanilla

Scald milk, combine egg yolks, sugar and salt. Pour scalded milk slowly over the egg mixture, return to double boiler, cook over hot water, stirring constantly until mixture coats the spoon. Remove from heat, add vanilla and chill.

Mrs. Constance L. Maude

GARDEN CHAT

Potatoes, tomatoes, cucumbers, celery and egg plant should be kept well sprayed or dusted with Bordeaux for the control of blight. It is necessary to have Bordeaux on the foliage of these plants prior to a rain and during humid weather. Heavy dews encourage the spread of blight spores as well.

Add more mulch to the tomato, pepper, and pole bean areas. It is safe to have as much as two inches of mulch over the ground about these plants. Mulch conserves the moisture and keeps weed growth down.

Late plantings of beets, carrots, lettuce and the like should be thinned out just as you did for the early crops. Did you add more plant food in the form of fertilizer to your land for the late seeded crops? If you didn't, apply a light application along the side of the rows and hoe into the soil. Do this soon.

First signs of corn borers are noted by the tassel being bent over. Look at these bends and kill the corn borers before they drop down and do their feeding in the ears of corn. To reduce damage from the corn ear worm, apply a drop or two of mineral oil to the silks of the corn ears. Do not confuse these two insects. Corn borers are much smaller, more active, and attack the ear most anywhere. The corn ear worm is much larger, lazy and lays in a cavity which has been chewed out in the silk end of the ear.

This week is the last call for planting any late vegetable seed, turnip, radish, spinach or endive should be planted at once, if you hope to receive any crop this Fall.

Keep the cultivator active; keep weed growth down, remove suckers from tomato plants if you are trellising. Spray or dust your crops for controlling insects and diseases. Harvest crops when they are ready for quality produce; can all surpluses not used as fresh vegetables.

Have you begun a compost pile in the far corner of your yard? Large weeds from the garden, carrot tops, cabbage tops, cabbage leaves and other waste of similar nature should be added to a compost pile. Every now and then sprinkle a little lime over the material to hasten decomposition and keep flies down.

C. M. Stearns

THE 1945 CONSERVATION PROGRAM

The Conservation Association at the Essex County Agricultural School, Hathorne, will be ready to take orders for lime and superphosphate on the 1945 program about the middle of September. Farmers can contact their Committee-men or the Conservation office at Hathorne at that time concerning their orders. It would be well to order early if the lime or superphosphate is needed next spring.

James Cashman writes of being in the "first batch of troops to enter Rome". He writes of the royal welcome they received and then the surprise the next day of having to pay top prices for everything.



4-H Club Notes



STATE 4-H CLUB WEEK

On July 9th 140 boys and girls from 4-H clubs all over Massachusetts gathered at the Massachusetts State College for a three day camp. The 12 delegates attending were: Marion Anderson, Lynn; Marguerite Fossa, Danvers; Virginia Bennett, Danvers; Marilyn Comfort, Saugus; Betty Bedrosian, Haverhill; Natalie Polk, West Gloucester; Robert Bartlett, Salisbury; J. Warren Chadwick Jr., West Boxford; Harold Coleman, West Gloucester; Lee Powers, Merrimacport; William Marshall, Jr., Georgetown and Boyd Berrett, Saugus.

A fine program was outlined by the State Leaders at the Camp. Speakers included Mr. T. A. Erickson, who was State Club Leader in Minnesota for 28 years and Miss Gertrude L. Warren, Washington, D. C.

A balanced club program was stressed as most of the young people attending were either a leader of their club or an assistant leader. Time was spent on all projects from poultry and dairying through sewing and canning to the betterment of all.

Club organization, game leadership, conservation, safety on the farm and in the home were all stressed in various discussion meetings. The three days were brought to a fitting close with a very impressive candlelight service the evening before going home.

The Local leaders attending from Essex County were: Miss Jennie Johnson of Ipswich; Miss Harriot Ware, Beverly; Miss Annabelle Sylvester, Middleton; Mrs. Kenneth Foster, Mrs. Lillian Russell, Mrs. Charles Bedell, Mrs. Ada Christensen and Paul Corson of Saugus.

These leaders are already looking forward to another leaders' conference and we hope that others who were not able to go this year will start planning now for next year.

State Girls' Day was a big part of the last day's program with a very interesting and appropriate dress review. This event was held while the boys were judging in livestock, poultry and garden work.

AROUND THE COUNTY

The West Parish (Gloucester) Girls Club met on June 21 at the home of Natalie Polk and enjoyed a talk by their leader Mrs. Benham on the "Thinning of Plants". On June 28, the girls met at the home of Virginia Fialho and discussed plans for the Victory Fair.

The Merrimacport Agricultural club met on June 26 at the Powers' Farm and enjoyed a "True and False Test". Prizes of a trowel and hand weeder were won by Richard Donahue and Gordon Connor.

MONTHLY CANNING CONTEST

Four-H canning club members are now in their busy season with string beans or carrots all around them. Some are first year club members who are working with Mother to fulfill their requirements.

A 4-H Victory award is being offered to Canning members again this year. You may find it possible to earn it one month or every month during the canning season. This award is a recognition card. A first year member may earn a blue seal by canning 50 jars a month; for a red seal, can 35 jars; and for a green seal, can 25 jars. Advanced canners may get a blue seal by canning 100 jars a month; for 75 jars a red seal; and for 50 jars a green seal. To compete you will need to keep your 4-H record up to date.

If you do not have a contest card, ask your leader for one or let me know so that I may send one to you for the August contest. The cards should be in this office by the 5th of the following month to enter the contest.

Margaret M. Fitzpatrick
Asst. County Club Agent

WINNERS AT STATE GIRLS' DAY

Miss Margaret M. Fitzpatrick, Assistant County 4-H Club Agent took a group of Essex County Girls to Massachusetts State College, for the annual State Girls' Day, July 12. These girls were all winners in June at the County Girls' Day.

The following were winners at the State Girls' Day in the Dress Revue:—Frances Bonjorno, Beverly won Very Good; Marguerite Fossa, Danvers, Good; and Isabel Russell, Danvers, Good.

Food Demonstration: Virginia Bennett, Danvers, Fair.

Canning Judging: Natalie Polk, West Gloucester won First Place; Betty Bedrosian, Haverhill, Very Good; Marion Anderson, Lynn, Good; and Marguerite Fossa, Danvers, Good.

Home Furnishing — Dresser Scarf:—Lillian Johnson, Middleton, Good; Mary Richardson, Middleton, Fair.

The West Newbury Dairy club met in June at the home of Mr. George Kimball and studied Pasture Improvements and Mr. Kimball showed the club members how he had improved his pasture.

The West Gloucester club met in June in the Grange Hall and discussed their Victory Gardens and then planted cedars around the Grange Hall.

The Victory Club continued making their scrapbooks for the Merchant Marines and discussed their gardens.

4-H CAMP LESLIE

Four-H Camp Leslie has been running since July 2. The camp was open for five weeks this year with around 65 or 70 campers and 15 personnel present each week. The Camp Staff was composed of the following: **Camp Director** — Mr. James Boynton; **Camp Nurse** — Mrs. Mabel Connors; **Camp News and Bank** — Miss Mabel Marshall; **Craft Instructor** — Mrs. Adeline Wright; **Assistant Craft Instructor and Junior Councillor**, Marguerite Fossa; **Camp Cook** — Mrs. Margaret Dozier; **Assistant Cook** — Miss Helen Towne; **Song Leader and Junior Councillor** — Miss Virginia Bennett; **Life Guards** — Bruce Waybright and Clifford Harris; **Nature Councillor** — Miss Jennie Johnson; **Dishwashers** — Kenneth Woodman and Lyman Biggart; **Camp Bugler** — Phillip Dodge.

Other Junior Councillors helping at Camp at various times were Arlene Dozier, Natalie Smith and Isabel Russell.

The camp program consisted of crafts, campfire programs, nature walks, athletics, games such as deck tennis, badminton, volley ball, soft ball, darts, tether ball, box hockey and ping pong. Boating, canoeing and swimming, all very popular parts of the Camp Leslie program.

The Camp was divided into two tribes the Naumkeags and the Tahatawans. Each tribe has their tribe song and various competitions were held during the week between the tribes.

Wednesday night at camp is always Stunt night when each cabin has a stunt to compete for prizes. On Saturday nights Candlelight.

Services are held usually with a State Club Leader in charge. An Indian Legend "The Firebringer" is read as fire is brought across the pond to the Camp fire. The best all around camper for the week is chosen as the Camp Spirit as well as the campers best representing the Head, Heart, Hand and Health, H's.

The whole camp and any visitors take an active part in this Candlelight Service.

BOSTON HORTICULTURAL SHOW

The annual Boston Horticultural Exhibit will be held on August 24 and 25 at Horticultural Hall, Boston. This is a Statewide 4-H Garden Exhibit. All 4-H gardeners should take this opportunity to exhibit their garden vegetables. Leaders who haven't received premium lists should contact the Club Agent. Entry blanks should be sent to the Club Agent by August 12.

Charlie Clinch F 3/c, U. S. N. and somewhere at sea, writes that the place he is in is very beautiful, but still can't compare to the home town.

Essex Farmer and Homemaker

VOL. 26

HATHORNE, MASS. SEPTEMBER, 1944

NO. 9

Entered as a second-class matter, May 28, 1919, at the Post Office at Hathorne, Mass., under the Acts of August 24, 1912.

Post-War Rehabilitation

On August 17, 1944, the county-wide committee on post-war rehabilitation of returning service veterans and war workers was organized at the school. Mr. Melville G. Grey of Wenhams, President of the Board of Trustees of the School, was elected Chairman of this committee.

The principal functions of this committee will be to advise returning veterans and war workers, rendering every assistance possible to help them become established in farm work on such a basis as will make it reasonably certain that they can succeed in earning a satisfactory living in farm enterprises.

Sub-committees have been established for the study of various problems, as follows:

1. Education, publicity, and public relations.
2. Farming operations.
3. Minimum standards for agriculture.
4. Minimum standards for family living.

Already these sub-committees have met and established certain standards and policies for the committee as a whole. It is expected that this committee will cooperate very closely with community committees on post-war rehabilitation and other agencies, such as American Legion, Veterans of Foreign Wars, American Red Cross, etc.

This General Committee is composed of the following members:
Melville G. Grey, Chairman, Main St., Wenhams

Calton O. Cartwright, Associate County Agricultural Agent, Essex County Agricultural School, Hathorne

Francis C. Smith, County Agricultural Agent, Essex County Agricultural School, Hathorne

Wilfred Martel, High Street, Ipswich
James West, 66 Ash Street, Danvers
Archer Pierce, Felton Street, Peabody
Harry Blackadar, 1058 Boston Road, Ward Hill

(Continued on page 2, col. 1)

ARMY TRUCKS AVAILABLE FOR FARMERS

The Army is releasing used trucks of 1½ ton capacity that can be purchased for farm work. The extreme shortage of new trucks in the nation makes it practically impossible to obtain one for local use.

If you are interested in an Army truck, contact the Transportation Committee, Room 34, Essex County Agricultural School, Hathorne, Mass.

School Opens

For the third successive war year the school opened its doors to an entering group of new students on Tuesday, September 5. These young people make up the 32nd class to enter the Agricultural Department and the 31st in the Homemaking Department, which started one year later.

It is too early to say just what the enrollment will be, but it is approximately the same as a year ago, and may be somewhat larger, especially in the Agricultural Department.

Girls returning to the Homemaking Department from their summer projects on Wednesday, September 6, found some changes in the teaching staff of the school. Mrs. Constance Maude will be in charge of the school this year, while Miss Moore is on leave of absence doing Extension work as Home Demonstration Agent. Miss Elaine Kennedy, who had been elected to the position of Assistant Housekeeper, will not be able to assume those duties because of poor health.

Major Henry P. Thurlow, who has been in the Army since March, 1942, has recently been discharged from active duty and will again take up his duties as instructor in the Agricultural Department.

With a number of crops to be harvested, and repair and construction jobs being done on the school farm, this fall bids fair to be one of the busiest that we have had for some time. Only the new boys in the Agricultural Department will be on the campus during September, and they will receive plenty of opportunity for picking up further knowledge and skill in fall harvesting operations.

An unusual feature of the entering class of boys this year is that the majority of them have been under the supervision of the agricultural instructors during the summer. They therefore come to us better prepared in their background of "doing" skills, more definitely assured that they are interested, and determined to get training looking to their permanent employment in farming.

The rest of the student body will return from project work on Monday, October 2.

COUNCIL MEETING

The Women's Advisory Council will hold their fall meeting at the Essex County Agricultural School on Wednesday September 27 at 10:30.

Graduation, November 3

The annual Graduation Exercises of the Agricultural and Homemaking Departments of the School will be held on Friday, November 3.

This date is more than three weeks in advance of the usual date for holding graduation, namely, the Tuesday before Thanksgiving, and was changed by the Trustees at the request of the Alumni Association. It is believed that more of the Alumni can return for activities of the association on this earlier date in November.

There is no reason why it should not be fully as acceptable to undergraduates and to the school administration, since project work will have been completed early in October and all requirements for graduation should have been fully met by that time.

Parents, friends, and alumni are requested to keep this date in mind. Further information concerning the plans for graduation will be published in the October issue of the "Farmer".

WEDDING

On Sunday August 20 Miss Nancy Edwards of the Class of 1944 was married to Norman Allen ex '40. The wedding took place at the home of the bride's parents in Wakefield. Private Allen recently returned from eighteen months service in Greenland.

FOSTER HOMES

The Massachusetts Division of Child Guardianship is appealing to all fathers and mothers on behalf of the hundreds of babies in its care. Having lost their own homes they now face a shortage of foster homes. Many of the women who used to board children are now in industry. To fill their places warm-hearted foster parents are needed who are not over middle age, have small incomes and no boarders. The babies are not for adoption, for their parents, although unable to provide for them just now, hope in months or years to reestablish their homes. If you wish to help in this emergency, please send in the names of any families you think may be interested in boarding babies. A visitor from the Division will accept responsibility for all arrangements.

Call or write Room 43, State House, Boston 33 (Capitol 4600).

Essex Farmer and Homemaker

HATHORNE, MASS.

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the Essex County Agricultural School

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POST-WAR REHABILITATION

(Continued from Page 1, Col 1)

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Albert E. Curtis, Essex County Agricultural School, Hathorne
Leon Wetherbee, Merrimac Production Credit Association, Concord

Lt. Robert W. Spencer of the Class of 1939 is now back in action after having been injured in Italy on May 23. Lt. Spencer received his promotion on the field for his outstanding performance of duty on the Anzio Beachhead. He had previously been in North Africa. He is a Tank Officer in General Clark's Fifth Army and has been awarded the Purple Heart.

MILKWEED FLOSS FOR OUR BOYS

Previous to the war in the Pacific kapok was brought from some of these islands and used in the men's jackets to keep out the cold. By experimenting it has been found that milkweed floss will serve the same purpose.

In some of our Essex County towns there is quite a bit of milkweed by the side of the roads and in the fields. Some of the schools are planning on projects this fall to gather the floss. Anyone interested should get in touch with their Superintendent of Schools.

One should collect well-filled pods of true milkweed. Pick early in the fall when most seeds are brown. They should be put into one bushel onion bags or other open-meshed sacks. Tie the tops securely. They should be delivered within 24 hours after collecting to the buying station.

Immature or empty pods should not be picked neither should leaves or stems. Do not use any container other than open-meshed bag for longer than a few hours. One should not over fill or under fill a bag. Neither should they be piled on the ground or floor for more than a few hours while the pods are fresh. They should be left outdoors until pods are thoroughly dry.

CATTAILS

There are many cattails in Essex County and the 4-H Clubs are planning to harvest these for the government. The fluff of the cattails is heat and cold resistant. County Club Agent Mr. Colby will have further announcement concerning the harvesting of these in a later issue of this paper.

D. H. I. A. FIELD DAY

The Dairy Herd Improvement Association and Extension Service held their annual field day on Saturday, August 26. The group met at the Cherry Hill Farm, owned by H. P. Hood and Sons, where Albert Colley, who is president of the DHIA, is farm Manager. Members of the Association and their families enjoyed the beauties of the farm and ate their picnic lunches under the trees.

At one o'clock Mr. Colley and Dr. Elmer A. Wolfier, Superintendent of the estate discussed their breeding program and showed their fine string of Holstein heifers, testing 4 % butterfat and their disease control project, artificial breeding, etc.

Later in the afternoon the group went to Ipswich to the Appleton Farms, where they were greeted by Mr. Francis R. Appleton Jr., the owner. The group saw the 100 acre pasture and his fine herd of young purebred Hereford cattle which he has developed over 13 years of pasture improvement. Prof. Ralph Donaldson of the Massachusetts State College was present and answered questions on pasture improvement.

About a year ago there was a serious fire at the Appleton Farms when the barn was struck by lightning. The barn has been rebuilt and the group inspected the new cow barn as well as the calf barn.

TIMBER SALES

Cool weather stimulates logging. It won't be long now before wood operations will increase throughout the county. Timber land owners should use care in selling of their standing timber.

Operators prefer to buy for a lump sum the standing timber on a certain lot. The usual practice is for the buyer to look over the area and make a partial estimate of the larger timber only. He then buys all the timber for a price based on the partial estimate and proceeds to strip the land of everything he wants. In most cases he cuts below the size that returns a profit but since he has bought the entire stand, the natural tendency is to take small timber because it isn't costing any more.

This selling practice returns the lot to the owner in such a condition that it is often not worth paying taxes on.

It is customary in all forms of merchandising to identify the articles to be sold and place a unit price upon them. No sane dairyman would allow a dealer for a lump sum to go into his herd of cattle and pick out anything he wanted, and leave the culls unless he was first offered an unusual price. The smart dairyman picks out the cows that are for sale.

The woodlot owner should do the same. Mature trees and others that have served their purpose in the stand should be marked for cutting and sold on the basis of their volume and quality.

Owners should consult with forest officers or others competent to advise before entering into any agreement to sell, unless they have had previous experience themselves.

Ezra I. Shaw
County Farm Forester

SEASONED TOMATO JUICE

Because tomatoes are an excellent source of Vitamin C and a valuable addition to winter time diets we should plan to can as many as possible during this month. In addition to plain canned tomatoes and unseasoned tomato juice, we suggest a few jars of seasoned tomato juice cocktail, to be served as a cold beverage or hot as a tomato soup.

Seasoned Tomato Juice

2 pecks of tomatoes (28 lbs.)
8 stalks of celery
5 onions
1 sweet pepper
3 bay leaves
15 whole cloves
8 sprigs of parsley

Cut tomatoes in quarters, add chopped celery, pepper and onions, the bay leaves and cloves.

Simmer 15 minutes, or until ingredients are soft, then rub through a sieve. Mix 4 tablespoons of salt and one cup of sugar, add to strained mixture.

Bottle in quart jars and process for 45 minutes. The flavor may be varied by adding more or less of various ingredients to suit the individual taste.

Ruth Emerson
Instructor in Foods

APPLE PICKERS WANTED

Our appeal this month is for all readers to assist personally in the apple harvest that is here and to actively encourage all friends of theirs to do likewise. We are faced this year with a crop above average and with much less help to harvest it with. This means that all of us must help if it is to be saved. The time in which the picking can be done to save loss is limited, the need for the apples is great and it is up to us to save the crop.

A few figures on our apple industry might be interesting. In Essex County there are 287 farmers having orchards over 2 acres in size with a total of 2471 acres in the county. Of these orchards there are 60 growers who have more than 10 acres each with a total of 1399 acres in these larger orchards. This will give you some idea of the problem we are faced with.

Individually many of us, husbands, wives and children, can spare part or all of a day or week end and do our bit to relieve this crisis. We can also get in touch with our friends or fellow employees of industry and make up groups, taking the initiative in the arranging of the times, places and means of transportation. Gasoline can be secured for going to the orchards provided the cars are filled with pickers. A great many people would assist in such a desirable undertaking if they were urged but will not do it otherwise. This is where we who are especially interested in farming can help. Adults are desired as younger children do not have the strength or judgment that work of this sort requires.

Anyone who is interested can secure full information on all questions as to when, where and how, by getting in touch with us at the Essex County Agricultural School by telephone, letter or personal call. Do it Today.

Albert E. Curtis
County Farm Labor Asst.

NOTES FROM THE FRONT

Ruth Peterson (Mrs. Richard Kelley) class of 1936 has recently arrived in England where she is an Army Nurse.

Tech. Sgt. Albert E. Noyes ex '42 son of Mr. and Mrs. Verne Noyes of Georgetown is an Engineer gunner on a B-24 Liberator Squadron in England. Recently he was cited for distinguished service and outstanding performance of duty by completing 68 heavy bombardment missions without loss of a man and for their part in the bombing and invasion of Europe. Previously he had been awarded the Distinguished Flying Cross, Air medal and three oak leaf clusters.

Robert W. Conway of Salem a former member of the Class of 1942 was among the first group of Coast Guardsmen to land on Salpan.

Warren Brown also from Salem and a member of the Class of 1941 wrote recently from England that he was "back in England after being in France for sometime." He had "jumped in on D-Day".

EXTENSION PROGRAMS FOR WOMEN 1944-1945

During the coming fall and winter the Extension Department will offer several programs for the women of Essex County.

Mrs. Harriet Haynes, Extension Specialist at Massachusetts State College will have charge of the Home Management programs as follows:

Home Management

Kitchen Improvement — Single Meeting

1. Kitchen Clinic
- For Home or Community Kitchens
- Illustrative Material
- Film Strip — "Kitchen Improvements"

Management in the Home — Series of Two Meetings

1. Be Efficient in Your Home

Home Jobs

How they are done

How to improve them

Film Strip — "Make Every Motion Count"

2. Make Your Equipment Work
- Care and Repair of Equipment
- Film Strip — "Simple Storage for the Home"

One or both meetings available to groups interested

Miss May E. Foley, Extension Specialist at Massachusetts State College will be in the county to give the following programs:

Food Selection and Preparation

Community Meals

Using "No Point, Low Point" foods

An all day meeting (10:00 A. M. —

3:00 P. M.) The group will be limited to 20— will be made up of two

representatives from any organized group interested in serving community meals.

Single Meetings

1. Sugar Saving Dessert

2. Use of Canned and Stored Vegetables

These will be demonstration meetings and groups may have one or both meetings.

3. Family Relationship and Child Development

Mrs. Mary M. McIntire, County Home Demonstration Agent will have Extension classes in Clothing and Home Furnishings. In the clothing classes the following subjects are offered: Children's Coats, Clothes Clinics, Sewing Machine Clinics, Dress Forms, and Dress Program.

In the Home Furnishings classes there will be classes in Reupholstering, Slip Covers and Reconditioning of Spring Unit Cushions.

If you are interested in joining one of these classes or wish further information regarding them telephone Danvers 50 or write to Mrs. McIntire or Miss Ethel M. Moore, Acting County Home Demonstration Agent, Hathorne, Mass. or your local Council member.

REDUCE RUST

According to some folks the best way to remove rust from the metal parts of garden tools is to use the tools in the garden.

GARDEN CHAT

Victory gardeners should not slacken off as the crop season draws to a close. There are still tons of food left in our gardens which must be harvested and much competition is present, weeds are still using much food and water which should go into our desired vegetable crops. Insects and diseases are reproducing and getting their fill of food which should be ours. Some areas of land have finished producing and now should be planted to a Fall cover crop of rye at the rate of 2 lbs. of winter rye seed per 1,000 square foot. This green crop will use up any available plant food during the next few months and this may be returned to the soil later when turned under. In case you do not sow these green manure crops, much food would be lost by leaching during the winter months and the late fall crops should be kept cultivated.

Bean vines and corn stalks should be pulled up dried and burned to kill off many Mexican bean beetles and corn borers. Do not just pull and throw out to the edge of the garden. It would be better to put them onto a compost pile to rot down, instead.

Can all the food you can and then store what is left. Clean out the storage room or build a new one if you haven't one. Mass. Extension leaflet No. 34, Massachusetts State College, tells you all about storage and storing crops. If you are desirous of a copy send to the Agricultural School, Hathorne, for a copy.

Early September is the time to seed wintered over spinach and onions as scallions. Select a spot on one side of your garden area so as not to interfere with cover cropping. The Welch onions do best for wintering over while the Blight Resistant Savoy is the Spinach variety to plant September 1st.

C. M. Stearns

IN MEMORIAM

We have been saddened by the news of the passing of several of the alumni of Essex Aggie.

George Bulgaris of Rowley and the Class of 1932 was killed in action in Normandy, July 13. He was married to Ruth Hicks of Newburyport. George received his rating of Staff Sergeant on June 20 and on June 23 he was awarded the Bronze Star Medal and a week later the Expert Infantry Badge. (As is our custom a notice is put on the bulletin board in the hall of the Agricultural building and the flag is flown at half mast one day.)

Robert William Haskell of Salem and of the Class of 1935 was killed in France on July 26.

Joseph Paul Lynch of Peabody, ex '35 passed away suddenly on August 22. He was in business with his father in Peabody.

Our sympathy is extended to Mrs. Marion Bettencourt Potter of the office staff in the loss of her mother August 15, 1944.



4-H Club Notes



ATTENTION CLUB LEADERS AND SECRETARIES

Some club secretaries are apparently not sending in their reports regularly. Club Leaders — Please bring this to their attention.

AROUND THE COUNTY

The Merrimacport Agricultural club led by Mrs. L. Foster Powers are planning a picnic at Great Pond in Kingston, New Hampshire.

The Go Getters Agricultural club of South Groveland led by Phillip Bevelacqua made plans for exhibiting vegetables at the Boston Horticultural Show. The club also discussed the collection of cattails later in the season.

The West Gloucester Agricultural club discussed the planting of cedars around the Grange Hall where the club meets.

The West Parish 4-H Gardening and Canning club for girls led by Mrs. Caroline Benham, visited the members' projects at their homes at a recent meeting. The older girls of this club have also been folding bandages for the Red Cross.

The Crowell School 4-H club of Haverhill with Miss Ruth Hamel as leader had a demonstration on the canning of beets, string beans, and carrots.

The Cangapose girls' club of Saugus led by Mrs. Charlotte Bedell, canned applesauce at their recent meeting. The members also discussed the fashion show which will be held at the Saugus Victory Fair.

The Big Sister 4-H club of Beverly led by Miss Harriot Ware had a talk on how to prepare tooth powder at home as part of the Health requirements of the 4-H club.

CROP AND FERTILIZER RECOMMENDATIONS

Prof. Ralph Donaldson, Extension Agronomist of the Massachusetts State College has recently sent out a list of crop and fertilizer recommendations for the season July 1, 1944—June 30, 1945. This list includes the crops, grade and pounds per acre of fertilizer to be used.

If you wish a copy of this list contact the Extension Service, Room 34, Essex County Agricultural School.

TIMBER

American farmers sell over 90 million dollars' worth of timber and other forest products every year—and use much more on the farms.

BOSTON HORTICULTURAL SHOW

Thirty four Essex County 4-H boys and girls exhibited 120 plates of different kinds of vegetables at the State-wide 4-H Vegetable exhibit held at Horticultural Hall, Boston, August 24 and 25. Over 2000 plates of vegetables were exhibited by 4-H club members from all over Massachusetts.

The Massachusetts Department of Agriculture offered prize money to the winners. All those exhibitors scoring Excellent received a prize of \$1.00, those getting Very Good received 50 cents and Good award winners received 25 cents.

Awards went to the following Essex County 4-H members:

Harold Bulmer, Saugus, Excellent on carrots, Good on beets

Robert Weaver, Saugus, Very Good on Tomatoes

Edward Paynter, Saugus, Excellent — green tomatoes; Very Good, Carrots; and Good on tomatoes.

Helen Lewis, Saugus, Good on Cabbage, potatoes and butternut squash.

Jack Sylvester, Saugus, Excellent, carrots and good on beets.

Norman Clayton, Saugus, Very Good on potatoes and beets, Good on Onions.

Oscar Metcalf, Saugus, Very Good on Carrots, shell beans and potatoes

Thomas Metcalf, Saugus, Very Good on Carrots, beets and Good on exhibit of 5 potatoes

Ernest Metcalf, Saugus, Excellent on potatoes and beets; Very Good on shell beans and carrots

George Metcalf, Saugus, Excellent on potatoes Very Good on beets and carrots Jacqueline Metcalf, Saugus, Very Good on potatoes, wax beans, shell beans and beets.

Marjorie Metcalf, Saugus, Very Good on potatoes, beets and carrots.

George Wilcox, Middleton, Excellent on tomatoes, and beets and Very Good on green beans

Shirley Lipinski, Middleton, Good on potatoes

Alison Cass, Middleton, Good on green beans

Lillian Johnson, Middleton, Good on her exhibit of two cabbage

Janice Homans, Ipswich, Good on tomatoes

Alicia Hills, Ipswich, Very Good on beets and Good on Green tomatoes

Lee Powers, Merrimacport, Excellent on string beans and wax beans, Very Good on corn, green tomatoes and green beans. He also received a Good award on Sugar Pie Pumpkin.

Lorraine Bennett, Danvers, Excellent on sweet corn, Good on cantaloupe, and lima beans

Robert Hervey and Albert Claridge of Haverhill, Good on squash and potatoes

Forrest Barton, Haverhill, Very Good on tomatoes

COUNTY, STATE AND NATIONAL AWARDS

Four-H Leaders — records will soon be due from your club members on various national contests. County winners in these contests in most cases receive Gold or Silver plated medals. State awards in most contests are \$25 to \$50 war bonds, and trips to the National 4-H Club Congress to be held in Chicago in December. These awards are certainly worth trying for. Club leaders should try to interest their members in these contests, particularly club members age 14 or over who have been in club work three years or more as they are eligible for State and National awards.

Many or the Sectional and National winners in the various contests win \$200 scholarships and in some cases \$100 war bonds.

The National Contests are the following projects: clothing, canning, food preparation, girl's record, meat animal, rural electrification, farm and home safety, beautifying the home grounds, dairy production, dairy foods, victory garden, food for victory, soil conservation, dress revue, all around achievement, and leadership.

If you have a club member enrolled in any of these contests please remind him that records are due October 1st. If you want more details on any other National contests contact your County Club Agent.

FOUR-H DAIRY SHOW

A 4-H Dairy Show was held at Marshfield Fair on August 29 through September 3. Entries were expected from all eastern counties. The following 4-H Dairy members from Essex County exhibited their animals: Gladys Kimball, Haverhill, exhibited a 2 year old Ayrshire; Philip Woodworth, West Newbury, exhibited his Junior Yearling Holstein; William Marshall, Georgetown, exhibited a Guernsey Calf; and Stanley Nelson, Wenham, exhibited four Brown Swiss cows and a bull calf.

Any prizes won by this group will be listed in the October issue of this paper.

Other club members exhibited from Amesbury and Groveland. The largest number of exhibits and prizes won by any one club exhibiting from Essex County were won by the Metcalf Club of Saugus.

Lee Powers of Merrimacport won \$3.75 on his exhibits at the Boston Show. A close second to Lee in total cash awards was won by Ernest Metcalf of Saugus who won \$3.00.

It is hoped that the 57 awards won by these young people will stimulate them to do more and better 4-H club work for their club, town, county and themselves.

Byron Colby
County Club Agent

Essex Farmer and Homemaker

VOL. 26

HATHORNE, MASS. OCTOBER, 1944

NO. 10

Entered as a second-class matter, May 28, 1919, at the Post Office at Hathorne, Mass., under the Acts of August 24, 1912.

Hurricane Damage Slight

The great storm of September 13 caused relatively small damage to school property. Perhaps this was due in part to the fact that we were much better forewarned than we were in the case of the hurricane of 1938. We lost very few trees. Some large branches were blown off, and the grounds were pretty well littered.

Our greatest damage apparently was in the orchard, where at least one-third of the McIntosh crop landed on the mulch beneath the trees during the storm, and an unusually large proportion of them also dropped following the storm. We probably lost half of the crop in this way. We were able to pick up the drops very promptly, due to the fine efforts of the students from both the Agricultural and Homemaking Departments.

The poultry department, reinforced with additional help, made emergency fastenings for all the range houses, and none of these left their foundations.

A word of appreciation should be given for those members of the farm staff, including Mr. Tinkham and Mr. Abbott, the janitors, and the farm boys, especially Andrew Stahre and John Beckwith, who spent most of the night looking after the school property.

Three and one-fourth inches of rain were measured in the rain gauge between nine o'clock in the evening and two o'clock the next morning. Those who were out in it know very well there was a tremendous fall of rain during the storm.

ATTENTION ALUMNI

Graduation and Alumni banquet and dance will be held this year here at the School on **Friday November 3**. The banquet is scheduled for 6:30 p. m. followed by the annual meeting and election of officers and the dance.

As the date is earlier in the month than previous years at the request of the Alumni association let us as Alumni show our appreciation to the Trustees by having a record attendance.

Reunion classes will be:—

1919 — 25th reunion, 1924 — 20th reunion, 1929 — 15th reunion, 1934 — 10th reunion, 1939 — 5th reunion, 1943 — 1st reunion.

Because of the food situation All Reservations for the Banquet Must be in by November 1. Make yours early to "Bill" Abbott, Secretary at Hathorne, Mass. or Franklin E. Barlow, president, 57 Lowell Street, Methuen, Mass.

Returning Students

Once more we have greeted our boys returning from their summer project work. Probably in no previous season in the history of the school has the productive effort of its students meant more to the country's welfare than it has this year.

The returning group contains a small senior class, an almost equally small junior class (due to the continued demands of the Armed Services upon our 17 and 18 year old boys), and a good-sized sophomore class. The exact number of returning students is not known at the time of this writing, but it looks as if the total enrollment in the Agricultural Department will be a little larger than it was a year ago. There have been about 56 new boys enrolled so far this year.

EARLY TESTING OF FLOCKS FOR PULLORUM DISEASE

The 1944-45 testing is well under way. The majority of the applications received to date request that the flock be tested in November and December. However, the number of birds which can be tested during these two months is directly dependent upon the number of blood collectors that can be engaged and the capacity of the laboratory to meet the demands. The laboratory will test flocks in the order that applications are received. Flock owners are urged to file their applications immediately if they desire to have their flocks tested this year. Furthermore, any flock owner who is in a position to have part or all of his flock tested during September or October is strongly advised to do so. Applications received after September 15th and requesting November or December testing may have the testing of the flocks postponed until in January or February. It is hoped that every flock owner will appreciate the conditions confronting the laboratory in meeting the testing demands. The laboratory will do its utmost to expedite the testing work in the most satisfactory manner possible. With the cooperation of the flock owners, it is hoped that there will be no unnecessary delay in the testing of flocks. Applications should be sent to the Department of Veterinary Science, Massachusetts Agricultural Experiment Station, Amherst, Massachusetts. A deposit sufficient to cover the testing of the flock and submitted with the application card will facilitate greatly the routine procedure at the laboratory.

Department of Veterinary Science
Mass. State College

Greetings to Service Men and Women

I am happy indeed to extend my most cordial greetings to every one of our men and women in the Services of our Country.

With this issue of the Farmer and Homemaker comes to you a new Honor Roll for your information and interest. Our Service Flag figure is now 670, more than double the list which was first printed and mailed to you about a year ago. You will also find a record of those who have paid the supreme sacrifice to date in the defense of our Country.

We, who are continuing to serve on the home front, realize the debt we owe to you who have left your homes and business at your Country's call, and we can only say to you now that we will continue to carry on the fight on the home front. The food production effort has been a most successful one, and we will continue to do everything we can to have it continue that way.

May I extend to each one of you the greetings of the trustees, the instructional staff, the boys and girls enrolled, the office, farm, and janitor staffs, and myself? I assume this greeting will reach you close to the Holiday Season.

I would like to have each one of you realize that although the world is far from a state of peace, there is nevertheless an inward state of peace available for each one of you out on the battle front as well as for us on the home front. I do hope that this may be the spiritual experience for each one of you, and that you may realize the significance of the Christmas Season to this degree in your own life.

Cordially your friend,
Harold A. Mostrom, Director

POULTRY ASSOCIATION MEETING

The Essex County Poultry Association will hold their annual meeting on Wednesday evening, October 18. A roast beef dinner will be served at 6:30 p. m. followed by annual meeting and election of officers.

There will be a showing of a new colored film entitled "The Story of Eggs". After this Harold Phinney of Andover will entertain and there will be dancing.

Because of the food situation all Reservations Must be in by Monday, October 16, to the Secretary, John E. Miltimore, at Essex County Agricultural School.

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IN MEMORIAM

John Edward Adams of Georgetown and a member of the class of 1941 has been declared officially dead after being missing over a year.

Joseph Raymond Mizzi ex — '42 and known at Essex Aggie as "Ray" died of wounds in the invasion of Guam. Although Ray was in the Navy with rating of pharmacist's mate first class he had been assigned to the Third Marine division. He wore the Marine uniform with a Navy insignia arm band.

Our sympathy is extended to the families of these boys and our flag was at half mast one day for them.

PRISONERS OF WAR

No word has been received from Harold T. Lundberg ex — '31 who is a prisoner of war in Tokyo or from Archie Buder class of 1937 who has been a prisoner since the fall of Corregidor.

We have had word recently that William Somers ex — '42 who was a prisoner of the Italians in North Africa, escaped before the Allies were successful in that theatre of the war and later was captured by the Germans and is a prisoner at Stalag, III Germany.

POTATO LOANS

The War Food Administration will make loans on potatoes in farm and warehouse storage to growers, associations of growers, and certified dealers who agree to pay growers not less than the equivalent of support prices and have been certified as eligible, and persons who qualify in the same manner as certified dealers.

Loan rates for Massachusetts: farm storage, number 1 potatoes to be \$1.57 cwt; B sizes and number 2, \$.56 cwt. Warehouse loans are ten cents higher for the above grades.

For further information, write the A. A. A. office, Hathorne.

NINETY ONE NEW STUDENTS

Ninety-one boys and girls are in the freshman class here at Essex Aggie this year. They have been busy with their academic studies and real farm work. Both the boys and girls have helped with the apple picking and with the potato harvesting.

The list of new students are: Donald C. Andrews, Topsfield; Richard J. Berg, Lynn; Joseph Bonenfant, Lawrence; Walter D. Brinton, Lynnfield; Stephen F. Chapman, Marblehead; George O. Chase, Danvers; Frank J. Connors, Danvers; Herbert Dodge, Ipswich; Franklin Fox, Dracut; Edwin H. Freeman, Lynn; Edward D. Gilman, Jr., Newburyport; John A. Gosselin, Lawrence; George L. Greenleaf, Saugus; Richard Gregson, Saugus; Joseph E. Griffin, Peabody; Colin K. Guptill, Andover; Richard Haskell, Bradford; Sonya G. Hess, West Newbury; Ronald L. Hickey, Newbury; Myles F. Howard, Winthrop; Joseph W. Jaques, Newbury; George E. Jones, Belmont; Harold W. Kelley, Jr., Danvers; Rupert Kilgour, Newbury; Joao Lage, Lowell; Norman LeBlanc, Haverhill; Warren J. Leonard, Peabody; William Leslie, North Andover; Herbert L. Mackey, Jr., Salem; Murray Matsubara, Danvers; Elwin Matthews, Ballardvale; William C. McNeil, Lynn; Carroll Mikonis, Haverhill; Joseph Mirisolo, Andover; Philip I. Noel, Newburyport; H. Verne Noyes, 3rd, Newbury; Edward O'Brien, North Andover; Phillip Osborne, Topsfield; Lawrence Parker, Reading; Alan Passmore, Lynn; Jasper Roy, Hamilton; Leonard Shute, Amesbury; Oliver Silva, Topsfield; John E. Slivinski, Lynn; George Smiley, Medford; Charles H. Smith, Boxboro; Norman H. Smith, Topsfield; John R. Srybny, Haverhill; Fred R. Standley, North Reading; Gordon R. Stewart, Lynn; Thomas W. Stone, Saugus; Philip A. Taylor, Medford; Robert W. Towne, Methuen; Charles H. Wentworth, North Andover; George P. Wilcox, Middleton.

The new students in the Homemaking Department are: Kathryn A. Bedford, Beverly; Catherine Bennett, Lawrence; Barbara Bergstrom, Lynn; Marion Bezanson, Danvers; Dorothy Biggart, Saugus; L. Frances Buckley, Lynn; Dorothy M. Donze, Methuen; Rose M. Espinola, Peabody; Pauline O. Gagnon, Amesbury; Rita Goodwin, Danvers; Hazel Gouldsbrough, Methuen; Barbara Hallinan, Peabody; Mary Harrington, Beverly; Olive Jorammon, Groveland; Helen M. Khoury, Lawrence; Irene Leon, Salem; Annette Lambert, Salem; Willa MacLaren, Tewksbury; Faith N. Matsubara, Danvers; Lois J. McConny, Lynnfield Center; Lorraine Mello, Peabody; Elsie Minasian, Newburyport; Hazel Parah, Lawrence; June B. Proctor, Newburyport; Jeanne C. Rettelle, Lawrence; Shirley Rideout, Danvers; Ruth Rubchinook, Middleton; Marion Saulnier, Danvers; Nina Sedler, Middleton; Barbara Smith, Middleton; Margaret M. Tetreault, Byfield; Jacqueline Turcotte, Salem; Winifred Yonge, Danvers.

NEWS FROM THE FRONT

S/Sgt. Albert Noyes, ex — '42 and waist gunner on "Pistol Packin' Roma", a B 24 Liberator has been home on furlough after being on 30 missions over Germany for which he was awarded the Distinguished Flying Cross, Air Medal and three Oak Leaf Clusters. He has gone to Lincoln, Nebraska for re-assignment.

Pvt. Harold Wilson Jones, class of 1941 has been awarded the Purple Heart. Harold was wounded in the leg in the invasion of Southern France and last heard from was in a hospital in Italy.

Peer P. Johnson Jr., class of 1939 a Boatswain's Mate 2/C is at his home in Beverly on a 30 day furlough. Peer was injured in the thigh in the invasion of France and was awarded the Purple Heart. After his furlough he will report to Ocean City, California for re-assignment.

Pvt. James L. Cashman, class of 1937 has been invalidated home and is now at Camp Butner in North Carolina.

William Hawkes, class of 1942 is back in action after being wounded and receiving the Purple Heart.

Joseph Andreas has recently been made a Captain and by his A. P. O. we know he is in the China-Burma-India area.

Lt. Helen T. Harrigan ex — '32 has been on furlough from her duties in the South Pacific and has now gone to North Carolina for re-assignment.

Pvt. Robert A. Smith better known to his Aggie friends as "Snuffy" has been on furlough and was a visitor at the school the other day.

S/Sgt. Raymond Ferguson ex — '42 has been with a bombing crew in Italy is home on furlough and called at the school. He goes to Lincoln, Nebraska for re-assignment.

FARM LUMBER

War Production Board Order L-335 has put all sawmills that produce more than 100,000 board feet of lumber under government control. As originally set up this order required that farmers must secure a certificate from the County War Board in order to secure the release of his own lumber from the sawmill.

A recent modification of this order provides, "Any farmer who cuts trees on his own farm may have them sawed into lumber by a sawmill and may receive up to 5,000 board feet of lumber sawed from such trees in a calendar year without giving the sawmill a certificate or rating as required by Order L-335".

It is still necessary to get a certificate from the County War Board to receive any timber in excess of 5,000 board feet. Mills producing less than 100,000 board do not require any certificates.

Ezra I. Shaw
County Farm Forester



Essex County Agricultural School

Roll of Honor

The Service Flag here at Essex County Agricultural School numbered 330, when we printed the Honor Roll in November 1943. There are 670 on our Honor Roll. Last November we had five gold stars, we have added six to the list making a total of 11 and we hope no more.

If you know of any Essex Aggie man or woman in the Service and they are not listed here will you please send their name and service address to Director Harold A. Mostrom.

A

Abbott, George J.
Actis, Louis

*Adams, John Edward
(Declared officially dead after being missing over a year.)

Aldrich, Donald Arthur
Allen, Anthony Augustine
Allen, George G.
Allen, George J.
Allen, Leslie Arthur
Allen, Norman
Ambreffe, John L.
Ambrey, Thomas

*Amidon, Everett S.
(Killed in South Pacific, December 22, 1942)

Amidon, Herbert Maxwell
Anderson, Frederick Lowell
Anderson, James T.
Andreas, Joseph
Andrews, Amy Lelia (Mrs. Will)
Armstrong, Ralph Weber
Arnold, Joseph Moulton
Arrington, Robert F., Jr.
Athanasiou, John Arthur
Aylward, David A., Jr.

B

Bachelor, John Francis
Bachelor, Wesley M.
Baczewski, Frank J.
Ball, Kendall M.
Ballard, Lloyd Fuller
Balzarini, John Jerome
Banks, George Francis
Barlow, Joseph Sydney
Barlow, Raymond Edward
Barbin, Robert R.
Barnes, James R.
Barr, Bruce David
Barter, Irving F.
Bartlett, Woodbury M.
Basile, Fred Charles
Basso, Austin Louis
Batchelder, Albert Longfellow
Batchelder, Sidney Abbott
Bateman, John Russell
Beckwith, John
Begin, Alban J.
Bellwood, Stanley

Bergeron, Joseph James
Bernard, Warren Ernest
Berrett, Bernard E.
Berrett, Ralph E., Jr.
Berry, Alvin Frederick
Bertram, Robert Edward John
Bettencourt, Lawrence Anthony
Bezanson, James Harold
Bickford, Stanley Martin
Biery, Francis William
Bingham, Robert George
Blaisdell, Emma Josephine
Blake, Earle
Blake, Irving Warren
Blake, Merritt Chichester
Blunda, Joseph
Boardman, Roger P.
Bolduc, William P.
Bosse, Alphonse
Boucher, Alfred
Bournazos, Kimon
Bowen, Harold Dowsing
Bozek, Matthew
Bradbrook, Robert Arthur
Brady, Leonard Leo
Briscoe, Lloyd
Britton, Henry W., Jr.
Broderick, John Keith
Brown, Edward Thomas
Brown, Ethel Gertrude
Brown, Hilda Marion (Mrs. Meddaugh)
Brown, Richard Milton
Brown, Wallace Eason
(Medical Discharge)
Brown, Warren Ralph
Bruno, Charles J.
Bubier, Paul Rice
(Medical Discharge)
Buder, Archie Francis Xavier
(Prisoner of Japanese since fall of Corregidor)

*Bulgaris, George
(Killed in Normandy, July 13, 1944)

Bulgaris, James
Bunting, Arthur H.
Burbeck, Eleanor Irene
Burger, William W.
Burr, Eugene Foster
Burton, Russell T.
Buxton, Arthur Richard

C

Cail, Donald B.
Camarra, Richard Frank
Campbell, Ernest William
Canney, Augustus Scott
Caproni, Alfred George, Jr.
Carey, John Aloysius
Carl, George William, Jr.
Carnevale, William F.
Cashman, James L.
Cassano, Joseph
Cecelski, Henry Thomas
(Medical Discharge)
Chabot, Robert E., Jr.
Chalfour, Raymond Louis

Champion, Howard Marshall George
Chase, Allison Stewart
Chlebowski, Stanley
Cipolla, Alfred Joseph
Clark, Ansel B.
Clark, Genevieve
Clark, Lorin Gilman
Clark, Loring E.
Clark, Nathan Horace
Clark, Philip F.
Clark, Raymond
Clark, Rodney C.
Clinch, Charles Sager, Jr.
Clinch, Chester Eugene
Cobb, Eugene Malcolm
Cobb, Norman D., Jr.
Coburn, Robert Charles
Colanton, Francis William
Colby, Calvin R.
Colby, Richard White
Collins, Albert Francis
Conrad, William
Conway, Robert
Cook, Arthur Edward
Cool, Arthur Gordon
Corbett, William J.
Corner, Wallace Charles
Coskery, John William
Cotton, John F.
Courant, Alvin
Cragen, Walter Joseph
Crean, Gerald J.
Critchett, James Rodney
Crosbie, John Anderson
Crosby, Alden Edwin
Crossley, Edmund
Croteau, Edward Bush
Cummings, Harold J.
Cunningham, Ronald Russell
Curran, John D.
Currier, Charles Otto
(Medical Discharge)
Curtis, Percy Lewis, Jr.

D

Dalrymple, Horace O.
Daly, William Hardy
Darbe, Clarence Cavis
Davidson, Amos G.
Davis, Carolyn Elizabeth
Davis, Ernest A.
Dawkins, Kenneth Edward Gardner
Dawson, Raymond Bruce
Dearborn, Lauren
Dedecovich, Newell S., Jr.
Dederian, Thomas
Demeritt, Clifton Lloyd
Dennedy, Olin Theresa
DeVeau, Earle Paul
Dichirico, Theodore S.
DiLisio, Nicholas
Dionne, Elisha Joseph, Jr.
Dodge, Franklin N.
Donnelly, Olin Brian
Donohue, John Gerard
Donovan, Charles William
Doore, George E.

Dorman, Ernest S.
Downer, Allen Alfred
Doyle, Hervey John
Dupuis, Leon Callahan
Duratti, Leonard J.
Duval, James L.
Dwinell, John W., Jr.
Dyleski, Walter J.

E

Edmands, Milton Alvah
Edmands, Nathan Melvin
Edmunds, John F.
Egan, Paul Lawrence
Eldridge, Ralph T., Jr.
Ellis, John E.
(Honorable Discharge)
Emerson, Frederick G., Jr.
Emerson, George
Emerson, Robert F.

F

Farrell, Peter Martin
Ferguson, Raymond Shirley
Fielder, Harold M.
Fisher, William Everett
Fitchuk, John
Fitzgerald, Roy
Flanders, Warren J., Jr.
Flynn, William John
Fontaine, Herve Frederic
Forbes, Benjamin H.
Ford, Robert P.
Ford, Roy Clifton
Forrest, Samuel Warren
Foss, David Preston
Fossa, Ruth Louise (Mrs. Anderson)
Foster, George Arthur
Fournier, Gilbert Philip
Fowler, Dorothy L.
Francouer, John Daniel
Frederick, Albert Joseph
Freedman, Saul
Freeman, Charles Gilbert
Freeman, Edward
(Medical Discharge)
*French, Warren Franklin
(Killed in plane crash in Hawaii, Nov. 17, 1941)
French, William Bartlett
Fry, Ellsworth W.
Fuller, Charles C.
Fuller, George Samuel
Fullerton, Thomas J., Jr.
Furey, James Thomas, Jr.

G

Gage, Barbara Jane
Gagnon, Paul Francis
Gagnon, Robert G.
Gardner, Karl H.
Gates, Donald W.
Gaudet, Wilfred Roland
Gauthier, Thomas Warren
Georgantis, George Peter
Gerow, Arthur William
Giardina, Leo
Gibbs, Charles Bromage
Gifford, Parker Endicott
Giles, Aubert Stanford
Giles, Clarence A.
Gillen, Francis Xavier
Gillis, Donald
Gilman, Hector Wilfred

Gilman, Richard Kenneth
Girard, Francis M.
Glackin, Arthur Worcester
(Medical Discharge)
Glowacki, Edward Thomas
Glines, Priscilla Eunice
Golden, William Henry
Goodale, James Godfrey
Goodale, Paul W.
Gordon, Albert B.
Gordon, Arthur Kendall
Gott, Howard Clifton
Gould, Thomas Taylor
Grant, Francis Eugene
Gregg, Burton William
Greenaway, Albert Edward
Griffin, Kenward Morgan
Griffin, Robert Frederick
Groce, George Arthur
Groce, Herbert
Grover, Donald
(Honorable Discharge)
Grover, Warren C.
Gumb, Reina Alice (Mrs. Densman)

H

Hale, Nathan S.
Ham, Bryce William
Hamilton, Robert B., Jr.
*Hamson, Philip Mead
(Lost at Sea March 1943)
Hanson, Frank A.
Hardy, Frederick James
(Medical Discharge)
Harkins, John W.
Harlow, Robert
Harrigan, Helen
Harrington, Richard Parker
Harris, Edgar Richard
(Medical Discharge)
*Haskell, Robert William
(Killed in France July 26, 1944)
Hathaway, Thomas
Hawkes, William Jr.
Hay, William
Hayward, Ralph L.
Heath, Warren
Hennessey, John William
(Honorable Discharge)
Hennessey, Robert A., Jr.
Henriksen, Newton Albert
Henshaw, Lenley M.
*Herron, Donald Brooks
(Lost at sea November 1942)
Hersey, Daniel
Hills, Lester
Hills, Mildred Ruby
Hills, Rodney
Hills, Walter S.
(Medical Discharge)
Hilton, Esmond W.
Hocter, John Joseph, Jr.
Hocter, William Joseph
Hoffman, George Albert, Jr.
Hogan, Joseph F.
Howard, William Albert
Hubb's, Thomas
Hull, Edwin
Humphrey, Hale
Hunt, Leo A.
Hurd, Russell Theodore
Hurley, Timothy J.
Huson, Milton Kent
Hyde, Edwin Anthony

I

Isley, Frederick Hayden
Irons, David William

J

Jackson, Robert Francis
Jaques, Wendell Noyes
Jaquith, Irving Jackson
Jameson, Miriam Judith
Jenkins, Rupert Warren
Johansen, Roy N.
Johnson, Arthur
Johnson, Lewis
(Honorable Discharge)
Johnson, Peer Prescott, Jr.
Johnston, Frederick Lloyd
Johnston, Sidney
Joiner, Donald Wilkison
Jones, Harold Wilson
Jones, L'ewellyn
Jones, Marshall E.
Jones, Robert E.
Joyce, Joseph V., Jr.

K

Kallenberg, Gordon L.
Keane, James J.
Kearney, Joseph W.
Kearney, Robert Edward
Kelty, John Crofton Patrick
Kelley, Andrew Warren
Kelley, Donald Lewis
Kelley, Paul Edward
Kelly, Harold Martin
Kennedy, Raymond Theodore
Kenney, Russell E.
Keyes, Russell Winfield
Kezer, Frederick Gowen
Killam, Franklin
Killam, Henry Dana
Killilae, Francis Carroll
Kimball, Edward Raymond
Kneeland, Warren Bray
Knight, Stafford Russell
Kniley, John C.
Knott, David H., Jr.
Knott, Donald Lesdin
Kopacki, Leo J.
Kukene, John Joseph
Kulakowski, Arthur J.
Kusek, Genevieve (Mrs. Connolly)

L

LaBranche, Victor Philip
Landry, Robert John
Lane, Frank Otis
Lane, William E.
Lanier, Bernadette Louise
LaPlante, Arthur A., Jr.
Larkin, Catherine Marie
Larkin, Kenneth Bradford
LaRochelle, Roland
(Honorable Discharge)
Lasonde, Chanel
Laura, Joseph Jr.
Lawn, Alexander G.
Lee, Albert M.
Lee, Coleman H., Jr.
Lee, Thomas Preston
Lemieux, Ernest Joseph
Levesque, George G.
Lewis, Donald E.
Little, Edward Robert, Jr.
Ljunggren, Arvid
Locke, Edward, Jr.
Long, William Anderson
Low, Carl Melville
Lowe, John Robert
Lowe, Richard T.

Lundberg, Harold T.
(Prisoner of War at Tokyo, May 6,
1942)

Luscomb, Horace Eaton
Luxton, Chester
Luxton, Elmer Thomas
Lynch, Edward Francis
Lynch, John Leo
Lynch, John Malachi

M

MacAfee, Robert Turnbull
Macdonald, Donald Richard
*Mackey, Charles T.
Killed in plane crash in Miss-
issippi December 12, 1942

Magee, Donald
Maguire, Donald
Mahan, Edward James
Mahoney, John Joseph
Mahoney, William Leo
Makin, Herbert Charles
Malley, James Owen
Manock, Arthur F.
Mansell, William
Marsden, Thomas A. Jr.
Marshall, Alger C.
Marshall, Lee Wentworth
Marston, Charles Towne
Martin, Earl F.
Mason, Warren E.
Mates, Harold Theodore
Mavros, Christy
Maxwell, Raymond R.
McBride, Charles Patrick
McBride, Kenneth J.
McCarthy, Mary Louise
McClain, Francis L., Jr.
McCormick, Bernard Stanley
McCourt, Albert Edward
McDermott, Lawrence Luke
McDonald, John J.
McDonough, John L.
McEwen, Harold
McEwen, Leslie
McEwen, Philip
McGlew, Winfred
McKew, Clarence A.
McLoon, Nelson
Mello, Edward F.
Melville, James E.
Metcalf, Eugene Kingsley
Michelson, George A.
(Medical Discharge)
Millea, Lawrence E.
Miller, Thomas F.
Mills, Arthur Cowan
Milnes, William Everett, Jr.
Mitchell, Clarence Edward
Mitchell, Everett
*Mizzi, Joseph Raymond
(Died of wounds July 25, 1944 at
Guam)
Mizzi, Robert
Monroe, John Stewart, Jr.
Moran, Edward Patrick
Moreland, Alden Francis
Morrison, Gordon Bruce
Morse, Winston H.
(Medical Discharge)
Moseley, William Oxnard
Mpelkas, Christos Constantine
Mulally, Richard
(Medical Discharge)
Munroe, Clarence Edward
Munroe, John William
(Medical Discharge)

N

Nault, Roland
Nealey, James Joseph
Neary, John
Nelson, Donald K.
Nelson, Warren Edgar
Neville, James Joseph
Newton, Allen
Nicholson, Arthur J.
Nicholson, Earl Gardner
Nickerson, Harold Stillman
Nicoll, James K., Jr.
Nief, Ada Elizabeth (Mrs. Larson)
(Honorable Discharge)
Nollet, Conrad Joseph
Norwood, Lewis F. Jr.,
Noyes, Albert E.
Noyes, Marion E.
Nugent, James F.

O

O'Brien, Stewart Henry
O'Connor, Francis Charles
O'Keefe, Charles Thomas
Ormsby, Kenneth G.
O'Shea, Thomas J.
Ouellette, Paul Emile
Oulton, Richard B.
Ovens, James George
Owens, Thomas William

P

Page, Warren Ellis
Parker, Phillip C.
Parnagian, Haig
Paskowski, Michael
Patschieder, Ralph Arthur
Patterson, Clarence
Peabody, Roger
Peach, Daniel Alexander
(Inactive Reserve)
Pead, Raymond Otis
Pearse, Robert H.
Peaslee, Ralph L.
Peaslee, Richard Henry
Peatman, Norman
Peckham, Alden Franklin
Pelletier, Gordon E.
Pelletier, Joseph Gerard
Pelletier, Joseph George
Pentilla, Arthur Daniel
Pepper, Ralph Gower
Perkins, Henry Clifton, Jr.
*Perkins, Raymond
(Killed in India, July 1943)
Peterson, Carl Theodore
Peterson, Eric Conrad
Peterson, Ruth E. (Mrs. Kelley)
Petkewich, Peter George
Pettingill, Charles Edmon
Phair, Francis
Phillips, John J.
Pierce, Francis W., Jr.
Pierce, Harold Gregory
Pike, George D., Jr.
Pike, Walter Nathaniel
Pingree, Gordon
Pingree, Phillip Gordon
Pinney, Olive Mary (Mrs. Bennett)
Pitrowski, John Joseph
Pohju, Victor Daniel
Poisson, Leo Henry
Preston, Priscilla G.
Prophet, Stanley
Purdy, Arthur S.

Purdy, Raymond S.
Putney, Chester

Q

Quinn, Eugene
Quinn, John P.
Quinn, Richard E.

R

Rabchenuk, Michael N.
Ranta, Henry Jacob
Ray, Warren Alfred
Reed, Frederick Henry
Reilly, Bernard Leonard
Reilly, James Joseph
Reilly, James H.
Reinhold, Robert N.
Rennie, David Jr.
Reynolds, Ralph Clifford
Rider, John L.
Rietke, Joseph G., Jr.
Riley, John P.
Riley, Robert Bruce
Riley, Ruth
Roberts, B. Allen
Roberts, Barbara Ruth
Roberts, Everett
Roberts, Maurice F.
(Medical Discharge)
Robinson, Ernest
Robinson, Mary Velma (Mrs. Wallauer)
Robinson, Sheldon Murray
Roche, Joseph Thomas
Roche, Thomas Joseph
Rock, Albert Paul
Rodden, Henry Joseph
Rogers, Herbert Stanley
(Honorable Discharge)
Rogers, Russell G.
Rosi, Louis
Ross, Edward Malcom
Ross, John Harry
Rowe, John A.
Rubchinook, John
Rusk, Harold
Russell, Edward Mansfield
Russell, Gordon Warren
Russell, Hugh
Rust, Lawrence B.
Ryan, Joseph Patrick

S

St. Pierre, Emile Joseph
Sanborn, Charles R.
Santin, Patrick Gildo
Satama, Andrew
Savage, Charles
Sawyer, Raymond S.
Scamperino, Yolanda K. (Mrs. Smith)
Scanlon, William M. P.
Scobey, Evelyn Hilda
Scouler, Joseph Alton
Scribner, Fred B.
Senior, William M.
Sevoian, Martin
Seymour, Florence (Mrs. Soucy)
Shanahan, John Lawrence
Shaw, Alonzo Meyrle
Sheppard, Lionel H.
Shields, Edward E., Jr.
Shinner, John H.
Shorten, Austin Howarth
Shtrumpfen, Saul
Silva, Chester Norwood
Silva, Dean Kenneth
Sioman, Charles E.
Skea, Ronald

Smith, Alfred R., Jr.
 Smith, Burton Edward
 Smith, Elmore Galphine
 Smith, George Seddon
 Smith, Robert Arthur
 Snellen, Walter E.
 Snow, Russell Frederick
 Soiett, Morton
 Solomon, George J.
 Somers, William
 (Prisoner of Italians, No. Africa, Dec.
 27, 1942; Prisoner at Stalag III,
 Germany since Dec. 15, 1943)
 Sparks, Francis Donald
 Spencer, John Vincent
 (Medical Discharge)
 Spencer, Robert Wilson
 Spiliotis, Charles
 Spinney, Charles H., Jr.
 Sprague, Robert
 Spurling, Kenneth T., Jr.
 Spurling, Robert E.
 Stacey, Frank Malvin
 Stacey, Walter R.
 Standley, Chester Foster
 Stephenson, Henry Hartwell, Jr.
 Stokes, Ralph Marshall, Jr.
 Stone, Curtis Leonard
 Stone, Howard William, Jr.
 Stone, Porter Howard
 Stone, Russell W.
 Story, Edwin P.
 Strong, William Sherman
 Sturtevant, Richard M.
 Sullivan, J. Eugene
 Swanson, Carl P.
 Swett, Norman Clifford
 Swiniarski, Thomas

7

Tarbox, Ellsworth D.
 Tarbox, Ernest Townsend

Taylor, Ralph
 Taylor, William A.
 Teague, Clayton Forbes
 Thomas, Richard
 Thomas, William
 Thompson, Alfred E.
 Thompson, George E.
 Thurlow, Henry P.
 (Inactive Reserve)
 Tillson, Chester
 Timms, Clifton Charles
 Tinsch, William C.
 Tinsley, Thomas Edward
 Titus, Gerald A.
 Toomey, John Patrick
 Toomey, Michael Anthony, Jr.
 Towne, Warren Holland
 Trask, Allyn Russell
 Trethewey, Bradford Neal
 True, Charles Francis
 True, John H.
 Tucker, George C.
 Turcotte, Henry
 Turner, Raymond Joseph
 Tuttle, Sumner J.

V

Vaughn, Harry
 Veinot, Claude E., Jr.
 Venti, Eugene Peter

W

Wadsworth, John Arthur
 Walker, Arthur George
 Walker, David Woodward
 Wallace, John E.
 Ward, Charles Francis
 Ward, John Joseph
 Waters, Grace Francis
 Waters, Joseph V.
 Waters, Robert Marsh
 Weaver, Robert

Webb, Bradford Ernest
 Webb, Donald W.
 Webber, James Philip
 Weed, Gilbert Calvin
 Wegzyn, John
 Weinhold, Russell C.
 (Medical Discharge)
 Weinstein, Hyman
 Welch, Charles F., Jr.
 Welch, Dorothy Cecelia
 (Honorable Discharge)
 Wheeler, Douglas
 White, Kenneth Howard
 White, Richard J.
 Whiteside, William, Jr.
 Whitten, Norman E.
 Wildes, George Francis
 Wilkins, Ralph Warren
 Williams, David James
 Williams, Marvin Tasker
 Williams, Myron A. Jr.
 Wilson, Howard Payson, Jr.
 Winn, Alanson S.
 Winthrop, Frederic
 Winsor, Kenneth Charles
 Wojtunik, Julian
 *Woodman, Orin Walter
 (Killed in action in Cassino, Italy
 Feb. 2, 1944)
 Woodworth, Beatrice Lavenia
 Worsman, Robert
 Wright, Vernon

Y

Yeaton, Ralph
 York, John Philip
 York, Myron A., Jr.
 Young, Frederick J.

Z

Zielski, John Michael

—Corrected to October 1, 1944

WOMEN'S ADVISORY COUNCIL MEETING

The Women's Advisory Council held their first meeting of the year at the Agricultural School on Wednesday, September 27 with 22 present. Mrs. Raymond Trefry of Marblehead, chairman, presided and opened the meeting by reading a letter from Miss Katherine M. Lawler, County Home Demonstration Agent, who is on leave of absence.

During the business meeting the new members were welcomed to the Council. On October 26 and 27 the National organization of the Women's Advisory Council will hold a meeting in Chicago. Mrs. George Flint of Mansfield, a member of the Bristol County Council, is to be the representative from Massachusetts. We feel very proud to be sending such an outstanding person from this state and know she will have much to tell us on her return.

The speaker of the morning was Miss Beatrice Billings, State Home Demonstration Leader. She presented in a most interesting manner a very clear picture of the organization of the women's part of the cooperative extension program and the way Advisory Council members, town directors, and town committees work with the Home Demonstration Agent.

There was a very worthwhile discussion period in which all the members both old and new participated. Everyone appreciated the privilege of having this opportunity to meet with Miss Billings. During the noon hour luncheon was enjoyed in the student cafeteria of the Homemaking Department.

At the opening of the afternoon session Director Harold A. Mstrom welcomed the council members and told of the work the school is doing in the various departments.

Mr. Horace M. Jones, State 4-H Club Leader, was the afternoon speaker. He told of the four phases into which a young person's life is divided, the home, the school, the church and group activities. The importance of the first three is recognized but it is due to the lack of proper guidance in the last one, namely group activities, that is causing our present youth problem. Mr. Jones then explained the way in which 4-H club work could be one of the programs used to take care of the group activity part in the young person's life.

Mrs. Trefry very graciously introduced Mrs. Charles O'Connor of Lynn the newly elected chairman for 1944-1945 who closed the meeting after a rising vote of thanks was given Mrs. Trefry for the splendid work she had done during the past year.

The officers and members of the Council for the coming year are: Mrs. Charles O'Connor, Lynn, Chairman; Mrs. Gustaf Erickson, Danvers, Vice Chairman; Mrs. Harry Floyd, Manchester, Secretary-Treasurer; Mrs. W. E. Drown, Amesbury; Mrs. H. B. Keifer, Andover; Mrs. Richard Winchester, Beverly; Mrs. Benjamin Currier, Boxford; Mrs. Sherman Jones, Essex; Mrs. Louis Poli, Gloucester; Mrs. Francis Harriman, Groveland; Mrs. Thordike Cheney, Ipswich; Mrs. Walter Dean, Lawrence; Mrs. Joseph Norton, Marblehead; Mrs. R. W. Bar-

APPLES

An apple a day may not actually keep the doctor away but it will most certainly help to do so. Good food, in itself, is not adequate to the building of sound health. Combined with good food must be such other health factors as adequate sleep, enough exercise and fresh air, etc.

Apples stand high in the list of "protective foods" because they are rich in minerals and vitamins and high in roughage. They are highly valued for their vitamin C. Because apples are so commonly eaten raw, the vitamin C is not lost, as it so often is in foods which are cooked.

We have been told that apples act as good toothbrushes, cleansing both teeth and mouth as they are bitten into and chewed. The minerals act in the mouth to off-set any acid condition. Apples have valuable laxative properties due to the stimulating effect on the intestinal tract of the minerals and roughage contained in them. An average size apple contains 100 calories, so adds a significant amount of energy to the diet.

With another bumper crop of apples this year, plus the fact that the hurricane shook down millions worth, which must be quickly disposed of, we should make the most of this one fruit which is abundant and such a good buy also. We should use it in as many ways as possible now and can a goodly supply ready to be used as dessert or relish.

Looking at the present point values on canned fruits, one can easily see the need for providing the family with a variety of home canned fruits, if it is to have sufficient fruit during the winter months.

So help yourself to better health by a generous use of these New England Apples. Children, in particular, should be encouraged to eat apples by keeping a basket of them temptingly at hand.

Apple Sauce Surprise

Slice bread thin and butter it on both sides. Fit two slices into each muffin pan, sprinkle with cinnamon and sugar, bake until brown. Set each on a plate and fill with applesauce. Garnish with whipped cream or whipped evaporated milk.

Bessie H. McJunkin
Foods and Clothing Instructor

GARDEN CHAT

Sweet corn ears that have gone by the eating stage should be dried, shucked and used for poultry or animal feed. Corn is one of the crops which is short for feed purposes and any help that Victory Gardeners may give to those having animals will greatly aid in the feed situation. After removing the ears from the corn stalks they should be pulled, dried and burned to kill off many corn borers and ear worms which have hibernated for the winter. If gardeners have ways or means of plowing or burying these stalks it would be more economical to practice for the organic matter will be valuable for later use.

An application of rotenone to cabbage, cauliflower, broccoli, and chinese cabbage will control worms and loopers. Heavy infestation of these worms are present and controls are necessary to produce quality heads free from insect damage.

All vegetable crops not being used in fresh state or being canned should be properly prepared and stored. Conservation of food is essential. Do not try to store immature or overgrown vegetables. Remove tops of roots but do not cut down into the root to cause bleeding. Do not wash stored roots. Leave short stems on squash and see that the knot or calyx end is unharmed. Handle squash carefully and do not bruise to open up channels of infection. Tomato vines with green fruit may be hung up to garages after to ripen later or the green tomatoes may be wrapped separately in paper and kept in a moderately warm room.

Ideal storage for roots, apples, potatoes, cabbage call for cool and humid conditions while squash and onions require cool dry locations.

Gardeners should seed down their garden areas to winter rye at the rate of 2 lbs., per 1,000 sq. ft. Seed between rows of late crops as well so as to have as much growth this fall as possible.

C. M. Stearns

SUGAR FOR BEES

Beekeepers will be allowed an additional provisional allowance of sugar—not exceeding 15 pounds per colony of bees per calendar year—for the feeding of bees.

The applications may be obtained from the local rationing boards but they must have a certification of the County War Board. Instructor George A. Meigs, at the Essex County Agricultural School is the man to see regarding the certification.

Applications for such additional allowance shall state (1) the amount of additional provisional allowance requested, (2) the number of colonies of bees for which the allowance is requested, (3) that the beekeeper has obtained and used the allowance already provided (10 lbs.) for the feeding of bees and, (4) that the additional sugar is required to prevent loss of bees.

nard, Merrimacport; Mrs. Hubert Boyle, Middleton; Mrs. Henry McLaughlin, Nahant; Mrs. Frank Houle, Newbury; Mrs. Douglas Sparks, North Andover; Mrs. Emery Tanch, Salem; Mrs. Arthur Leach, South Hamilton; Mrs. Wallace Knowlton, South Hamilton; Mrs. Grace Richardson, Swampscott; and Mrs. Edward Urie, West Newbury.

Ethel M. Moore
Acting County Home
Demonstration Agent



4-H Club Notes



AROUND THE COUNTY

Four-H Canning Clubs have participated in many local Grange fairs within the past month. Among the outstanding ones were the following.

The **West Parish 4-H Club** of West Gloucester exhibited both vegetables and canned products. Mrs. Caroline Benham was in charge of the exhibit.

The **Beverly Canning Clubs** displayed their products at the Beverly Health Center in great variety under the direction of Miss Harriott Ware.

The **Danvers 4-H Canning and Gardening Clubs** all joined together to exhibit the products of their summer's work at the Danvers Grange Fair. Four-H leaders in charge were Mrs. Byron Colby, Mrs. J. Stanley Bennett, and Mrs. Clarence Russell.

Merrimac's Victory Canning Club exhibited at the Grange Fair under the direction of Mrs. Grace Clark, local leader.

All **Saugus Girls' 4-H Clubs** participated in the Saugus Victory Fair with a fine showing of canning and clothing. They participated in a style show each afternoon of the fair comparing modern and old fashioned dress.

Thirteen 4-H Canning Clubs displayed about 500 jars of canned goods at the Bradford Grange Fair under the direction of Ernest Howard, supervisor of Agriculture and Mrs. Ruth Hamel, canning supervisor.

STATE 4-H CANNING SHOW

Essex County 4-H Canning Clubs were well represented at the State 4-H Canning Show held in conjunction with the Boston Victory Garden Show, at Horticultural Hall in Boston, September 24, 25, and 26.

Thirty-nine girls exhibited 50 entries out of approximately 400 entries from all over Massachusetts. Prizes amounting to \$100 were awarded by the Massachusetts Department of Agriculture.

The following girls from Essex County were among the prize winners:—**Janice Homans**, Ipswich, very good on Carrots; **Norma Bennett**, Danvers, very good on Beet greens; **Natalie Polk**, West Gloucester, good on Carrots and good on Tomatoes; **Wilma Welch**, Danvers, excellent on Peaches; **Nancy Scott**, Beverly, very good on Cherries; **Marjorie McEalfe**, Saugus, good on Tomatoes; **Barbara Vincent**, Beverly, excellent on String beans; **Iva Walls**, Saugus, very good on String beans.

Let's keep this state canning show in mind when we begin our canning next year, so that we can help make a bigger and better State Canning Show next fall by making our best better in 4-H club work.

LOOKING AHEAD

Now that the canning season is coming to a close, we are beginning to look ahead to our fall 4-H clubs. Many girls are continuing their work from previous years. Others will be starting new clubs. This is the time for you to begin organizing your club. Home Economics clubs which are the most popular among the girls are clothing, foods, home furnishing, crafts, and child care. If you are interested in any of these clubs, contact your Assistant County 4-H Club Agent, Miss Fitzpatrick, for further information on starting your club.

FOUR-H GARDEN DEMONSTRATION

Lee Powers and **Onni Mustonen**, 4-H Garden Club members of Merrimac entered the Eastern Counties 4-H Garden Demonstration contest at Brockton Fair on September 16. The demonstration was named, "Preparing Beets for Market". It included the grading, washing and boxing of beets.

Three teams were in competition and the Bristol County team won the blue award on their demonstration entitled "Control of the Mexican Bean Beetle".

The Essex County team and the Middlesex County team both won red awards.

FOUR-H DAIRY SHOW AT MARSHFIELD FAIR

Gladys Kimball, 4-H Dairy member of Haverhill had the Grand Champion dairy animal over all breeds at the Marshfield Fair. There were 36 animals in the Dairy Show. Two hours after Gladys' Ayrshire came out of the show ring she dropped a beautiful heifer calf which was the talk of the fair. There was some talk of naming the calf Miss Marshfield.

Stanley Nelson of Wenham, a club member and former student at Essex Aggie received fourth prize on his herd exhibit of four Brown Swiss. Six herds were in competition. Stanley's Brown Swiss were the only animals of this breed at the fair and a great deal of interest was shown and many questions asked by those attending the fair.

William Marshall club member of Georgetown received fifth prize award on his Guernsey calf. This was William's first Dairy exhibit and he learned a great deal as well as having the fun of showing his calf.

Philip Woodworth of West Newbury received fourth prize on his Holstein Junior Yearling. Both of Philip's brothers have been active in Dairy club work. Philip's Dad, Mr. Ralph Woodworth has voluntarily led a 4-H Dairy

CAMP MINIWANCA

Nestling in among the sand dunes and wooded hillsides along the shore of Lake Michigan is a camp where Jew and Gentile, black and white, are all welcome. Here boys and girls from all over the United States and Canada come for a wonderful two weeks of playing, laughing and studying together. Yes, we have studying but it is fun and everyone is eager and ready to learn. We have classes in Philosophy, Religion, Social Hygiene and "Horogens", or plans for our future so that there will never be a World War III. But "All work and no play makes Jack a dull boy", so after our classes we played together. We had competitive games between the tribes; swimming, canoeing, sailing, archery and life-saving instruction. We had picnics on the beach around blazing campfires. We had flashlight races and midnight dips in Lake Michigan; square dancing and old fashioned sings; council circle around our council fire; swimmeets, track meets and a tournament; sleeping out under the stars on the beach with the full moon shining down on us. All this will remain a lasting memory to us who have been lucky enough to be at Camp Minawanka but there is another side to our camp life that is more than just a memory; that is something to carry away with us and have always. There was something beautiful and holy about our daily vesper services on Vesper Dune, just as the sun was setting over the Lake "trailing clouds of glory" in her wake. There was something peaceful in the morning quiet hour of meditation when we went off by ourselves to some beloved spot or perhaps to the shrine of Kingi-Giss's, or the little stone chapel, for devotions and prayer. There was something beautiful in the hymns of praise sung by six hundred young voices full of love and devotions. And when at last our long day was over and taps had been played, the notes of the choir singing hymns from the steps of Minisno Lodge fell softly over a camp of six hundred tired, sleepy, but wonderfully happy girls. This is Camp Minawanka.

(Betty's expenses were partly paid by the State and the Essex County 4-H Service Clubs.)

Betty Grimes

Club in West Newbury for several years. (He is an Essex Aggie graduate class of 1919).

The young people attending this fair will be looking forward to other 4-H dairy shows next year. Many other 4-H members in Essex County clubs have purebred dairy animals and a local dairy show would see some fine animals in attendance.

Essex Farmer and Homemaker

VOL. 26

HATHORNE, MASS. NOVEMBER, 1944

NO. 11

Entered as a second-class matter, May 28, 1919, at the Post Office at Hathorne, Mass., under the Acts of August 24, 1912.

Graduating Class

The smallest class to graduate from Essex Aggie since the last World War received their diplomas on Friday November 3, in the school assembly hall.

Agricultural Department

*Norman George Allen, Ipswich
*Joseph Sydney Barlow, Lawrence
Mary Elizabeth Carey, North Andover
Leo Louis DuBois, Beverly
John Clifford Gaudet, Andover
*Warren Elton Heath, Wenham
Leo J. Hebert, Jr., Saugus
Wallace Haley Hopkins, Beverly
*William E. Lane, Manchester
*Coleman Haines Lee, Jr., Groveland
Chesley Thurston Mears, Essex
Albert Thomas Miles, Lynn
*William Hartley Peaslee, Middleton
Lawrence Rudolph Peglow, Methuen
Vera Yonetz, Peabody

Homemaking Department

Nancy Edmonds Allen, Wakefield
Rose Maude Devoe, Peabody
Rose Barbara Grasso, Lawrence
Barbara Lois Hood, Middleton
Evelyn Doris Kent, Georgetown
Maureen Alice O'Leary, Peabody
Constance Ruth Ormsby, Andover
Alice Ruby Richardson, Middleton
Mildred Leonoa Sapienza, Methuen
Ruth Elizabeth Stafford, Andover

* In the Armed Services

CANNING KITCHEN

The summer of 1944 marked the second season of the school canning kitchen. From July 5 through August 25, the school kitchen was open four days a week to homemakers of Essex County who wished to do their canning under the supervision of the foods instructors of the Homemaking department.

One hundred six individual appointments were made. Through these appointments 2,658 pints of food were canned.

As an added service to Essex County homemakers, a homemaking instructor was on duty at the telephone each day from eight to one to answer the canning questions of the woman who was canning in her own home. We feel that this service helped many of the women throughout the county in solving their canning problems and that it was a most valuable part of our canning kitchen program.

One day a week was set aside to can for the school cafeteria. Several students in the Homemaking Department

(Continued on page 3, col. 3)

Resignation of Alton G. Perkins

Mr. Alton G. Perkins tendered his resignation as instructor to the Board of Trustees, effective November 10, 1944. The Trustees accepted this resignation with regret.

Mr. Perkins graduated from this School in the class of 1923. Following his graduation he took several years of work at Eastern Nazarene College in Wollaston, receiving the degree of Bachelor of Arts. He served as counselor for the farm boys at Camp Bauer in the summers of 1925 and 1928. In September, 1931, he was appointed to the position of related subjects instructor in the field of Agricultural Science.

During the thirteen years he has been a member of the staff he has aided materially in building up a very strong vocational science department in the school. In recent years he has made soil studies a specialty and has for some time been in charge of the soil testing laboratory where many thousands of Essex County soil samples have been analyzed and recommendations made for improvement. More recently, Mr. Perkins has given part of his time to soil problems under the Soil Conservation Service of the AAA.

Mr. Perkins has earned the esteem and warm friendship of the hundreds of students who have passed through his classes, and of the members of the teaching staff here at the school. His position will be difficult, indeed, to fill.

The best wishes of his host of friends will go with him to his new field of work, full time service in the Christian ministry.

POULTRYMEN ELECT NEW OFFICERS

The Essex County Poultry Association held their annual meeting at the Essex County Agricultural School on Wednesday, Oct. 18, with over 150 members and guests present. There were 13 new members taken into the association which brings the membership up well over 100 members.

J. Warren Chadwick who has been president for the past three years presided. The following were elected officers for the coming year. William Appleton, Beverly, president; Elmer O. Peterson, Andover, vice president; John E. Miltimore, Danvers, secretary; Paul T. Jones, Bradford, treasurer; member of executive committee for three years, Norman Morgan, Andover.

Graduation Awards

As we go to press the final plans for the Graduation on November 3 are being completed. As this paper will not be issued until after the exercises we can print the prize winners rather than keep you in suspense until next month.

The Abraham Krasker English medals were awarded to Mildred Sapienza of Methuen, a Homemaking department graduate and to Mary Elizabeth Carey of North Andover, of the Agricultural department.

The Alumni Association prizes for greatest improvement in Academic work were presented to Barbara Hood of Middleton and Clifford Gaudet of Andover.

The Balfour awards which are keys and their names engraved on plaques which hang in the two departments went to Constance Ormsby of Andover and Leo J. Hebert, Jr., of Saugus.

The Wheaton prize given by Mr. and Mrs. Wheaton in memory of their son Roger Wheaton ex-1936 was awarded to Joseph Sydney Barlow, Lawrence.

The Echo Club of the Homemaking Department gave a prize this year to the one who had had outstanding projects the past two summers. This prize was awarded to Rose Grasso of Lawrence.

POTATOES MAKE GOOD LIVESTOCK FEED

Any potatoes which for any reason are not marketable make good feed for livestock, says Mr. Fawcett. Raw potatoes may be fed in reasonable quantities to horses, cattle, and sheep. If fed to hogs, they should be steamed or cooked for best results.

Potatoes, while low in protein and vitamins A and B, nevertheless make good feed when combined with other dry feed high in protein. Alfalfa or clover hay goes well with the low protein potatoes, and they also contain vitamins lacking in potatoes. The recommended amounts of dry material, states Fawcett, vary from 350 to 500 pounds to each ten of dry potatoes. Ten pounds of salt mixed with each ten makes the combination palatable. When first giving potatoes to livestock, it is recommended that they be crushed and given in small quantities. Within two or three days, cattle will eat the feed eagerly. A ton of potatoes are about equal in feed value to a ton of barn silage.

FARMS IN FLAMES

American farm property valued at about \$95,000,000 was destroyed by fire during 1943.

Essex Farmer and Homemaker

HATHORNE, MASS.

Published monthly by the Trustees of
the Essex County Agricultural School

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HOMEMADE NUT BUTTER AND PASTE

With the aid of an ordinary food or meat chopper the home cook may convert some of this fall's abundant nuts to butter or paste for sandwich fillings, cooked dishes and desserts, according to home economists of the U. S. Department of Agriculture. The butters may be used in soup, scalloped vegetables, stuffing and omelet, or as part of the fat in biscuits, cookies and cup cakes. Almond paste is used in macaroons, candy, frostings and fillings.

For a half pound of peanut or almond butter use: 2 cups blanched and roasted nuts; 1 tablespoon bland table oil; ½ teaspoon salt. Grind through finest plate of the chopper twice or three times until the nuts have the consistency of butter. Add oil and salt. Mix well and pack in a tight container.

For almond paste use: 1½ cups ground almonds, blanched but not roasted; ¾ cup sugar; ½ teaspoon salt; ¼ cup water; 4 drops of almond extract if a stronger flavor is desired. Combine ingredients and cook 20 minutes in a covered double boiler. Stir paste while it cools. Then pack in covered container and store in the refrigerator.

To make macaroons, use: 1 cup almond paste; 1 cup sugar; 3 egg whites; 1/8 teaspoon salt. Work paste and sugar together thoroughly with hands or spatula. Add salt to egg whites, beat until light, and mix thoroughly until smooth with almond and sugar mixture. Shape with pastry bag and tube, or drop by teaspoonfuls a half inch apart on a greased baking sheet covered with wax paper. The mixture should be stiff enough to hold its shape. Bake in a very moderate oven (325°F.) 20 or 30 minutes until lightly browned. Remove at once from paper using a sharp knife.

USE OF GERMAN PRISONERS BY FARMERS—REVIEWED

As much interest has been shown in the use of German Prisoners of War by farmers, a review of the conditions under which they can be used is timely.

All prisoners are under control of the Army, who are restricted in their use and care by rules laid down by the Hague Convention. These specify the standards of food, housing, working conditions and pay that must be maintained, although the administration methods are under Army control.

Prisoners at present are available only from Fort Devens and Edwards. While it is possible to establish outside camps, a minimum of 250 men must be permanently employed to justify the expense. The estimated cost of a camp for 250 prisoners, 50 guards and 3 officers is \$15,000. All prisoners are checked for their Nazi loyalty, and only those opposed to the doctrines are allowed to go out. As a result, practically no attempts to escape have been tried. Individuals generally cannot secure prisoners direct as a contract with the Army must be entered into for their use. This is too complicated a matter to be done individually; therefore, it is customary for a growers' association or some similar organization to act for a larger group.

For use as farm labor, the army has regulations established that prisoners cannot leave camp before 7:00 and must be back at 6:00. They cannot be transported for a distance taking longer than 1½ hours, approximately 35 miles, each way. They must be paid at the prevailing wage rate established by the County Farm Wage Board after a public hearing. Pay is usually based on an hourly rate of about 60¢. Piece work, which is a much fairer method, is not practical and is acceptable only in a few special instances, such as apple and potato harvesting. The prisoner is paid only for his time while at the farm, travel time being excluded. Of this pay, the prisoner receives normally only 80¢ a day, either in coupons good at Army canteens or in cash when he is finally sent home. Prisoners must always be worked under guard and usually in groups of 10 men. The guard is provided without expense by the army, as are lunches for the prisoners. All transportation expense is assumed by the farmer. This is usually done by putting seats into a covered truck by the farmer or by the hiring of busses.

We have not been successful to date in obtaining any prisoners for use in Essex County. The Army has felt the distance from Fort Devens to Essex County is too great, both from the standpoint of time on the road and of possible hours of work that could be given. The fact that there is as yet not enough prisoners to supply orders may be the reason for this decision. In another year, with probably more prisoners available, some easing of regulations or location of additional camps may change this situation and offer relief in our seasonal labor crisis.

Albert E. Curtis
Emergency Farm Labor Assistant

FALL TOPDRESSING PAYS

Dairymen have good reason for topdressing mowings and pasture areas this fall rather than waiting till next spring. Not only are conditions more favorable for accomplishing this job this autumn, but also the increase in yield may be greatest.

Evidence that topdressing treatment applied last fall produced more hay than a similar treatment applied this spring was obtained at the Massachusetts Agricultural Experiment Station in a trial conducted by Dr. Colby on an eight-year-old grass sod.

The comparison covered three different periods of application; before ground freezing, October 15; after freezing, November 19; and this spring, April 10. The treatment was a 7-7-7 grade applied at a 700 pound rate on strips.

Results were obtained when the crop was cut in June. The highest yield was 4,230 lbs. of field cured hay per acre from the October treatment; 4,000 lbs. from the November treatment; and 3770 lbs. from the April topdressing treatment.

With lack of rainfall last fall and early spring, most benefit was derived from the earlier fall application because of the longer interval for penetration of the fertilizer to the roots. Thus the crop made most use of what soil moisture there was and of fertilizer applied.

It is against such dry seasons and low yields that a dairyman needs maximum response in forage from fertilizer use. In wet seasons of big hay crops response of fertilizer becomes a matter of far less concern. If fall application is the best insurance against light hay crops of dry years, that is a strong argument for this practice.

Other New England State Experiment Stations also are urging fall topdressing of both hay and pasture sods. The farmer is less pressed for time than in spring, and many fields are drier. A larger share of the fertilizer tonnage which is used for topdressing mowings and pasture land can be moved and applied this fall. This would assure the farmer of his needs and in time to benefit his crop and obviate any winter storage and risk of lumping.

October is a good time for application or preferably before ground freezes in the autumn, so states Ralph W. Donaldson, Extension Agronomist, M. S. C.

SWEETIE PIE

A new apricot developed by the Russians contains 30 per cent sugar when ripe. After ripening it will dry on the tree in 10 or 12 days with 50 per cent sugar content. It can fall to the ground and remain there a month without danger of rotting.

SITDOWN SPENDTHRIFT

An average man sitting down still spends about 100 calories of energy per hour, according to Dr. H. C. Sherman, expert on nutrition.

SUPPLEMENT

Essex Farmer and Homemaker

SCHOOL NOTES

NOVEMBER, 1944

COLUMBUS DAY PROGRAM

An impressive Columbus Day program was held Wednesday morning, October 11, by the boys of the Agricultural Department. Mr. James F. Gallant acted as chairman. The first speaker introduced was Robert MacLaren, who gave a very descriptive talk about, "The Man Columbus". This was followed by Ernest Cochrane, who related the historical, "Voyage of Columbus". In closing the program Phillip Noel recited the poem, "Columbus", by Joquinn Miller. Leo J. Hebert, Jr.

NEW BOOKS

"Meet The Farmers" published by G. P. Putnam's Sons, New York, brings the real truth about 30 million of our population now living on six million farms. The author Ladd Haystead, has spent many years investigating farmers and their business in forty-eight states.

"How to Live in the Country without Farming", published by Doubleday Doran, New York, reveals the intimate experiences of the author Milton Wend, who has lived in rural parts of the United States over forty years. The book explains in great detail the care and upkeep of a country place and also lists 200 ways to earn the extra cash needed to supplement subsistence farming.

"The American Land", Oxford University Press, New York, by William R. Van Dersal relates how our land has been used for three centuries. In the final chapters the author summarizes the terrible loss of American land as a result of poor management and offers the new land pattern for saving the soil.

These are only three of the new books acquired recently by the Agricultural Department library at the school.

George E. Gifford

Instructor of English and
Chairman of Library Committee

SENIOR CLASS NOTES

The Senior class of the Agricultural Department held an election for President and Treasurer. The girls also held an election of officers for Vice President, Secretary and Assistant Treasurer from the Homemaking Department.

Those elected were: Donald Henderson, North Andover, President; Hilda Gaudet, Andover, Vice President; Helen Khoury, Lawrence, Secretary; Andrew Stahre, Gloucester, Treasurer; and Eleanor Moore, Groveland, Assistant Treasurer.

Leo J. Hebert, Jr.

ANOTHER WARTIME HARVEST

The harvest season of another war year again brought the need of help from the girls in the Homemaking Department for gathering in some of the fruit and vegetables.

During the month of September a rather flexible program was maintained in the girls' department, which made it possible for additional time to be spent in either canning fruits and vegetables, for later use in the school cafeteria, or helping in the orchard and vegetable garden as the need arose.

The girls helped pick plums, apples and pears and they also helped harvest the potatoes which the seniors planted last spring. In the foods classes they canned peaches, plums, corn, string beans, and tomato juice, and made grape jelly also several kinds of pickles.

There was an added need of help from the girls this year, as the hurricane blew down about one third of the apple crop which was a large one this year. So the day after the hurricane all available girls went up to the orchard to gather in as many of the drops as possible.

The girls enjoyed their work out-of-doors in the pleasant month of September and felt that they had helped to do their share in a worthwhile wartime project.

Marjorie Greaves

PUMPKIN PIE

With Thanksgiving just around the corner, maybe you are wondering what to have for dessert. How about a pumpkin pie? Here is one that is a favorite in our home.

- 2½ cups strained pumpkin
- 3 eggs
- 3 cups milk
- 1 cup sugar
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon salt
- 1 tablespoon melted butter
- 1 teaspoon vanilla

Add nutmeg, salt and cinnamon to sugar. Add milk to beaten eggs and combine to first mixture. Add strained pumpkin, and vanilla. Pour into pie shell, add butter. Cook in very hot oven until fluted edge of pie crust is set, then lower temperature to 300 degrees. Bake until firm. Test by inserting a silver knife, a clean cut should be left.

Hilda Gaudet

PASS THE HONEY, "HONEY"

Before sugar came into common use at little cost, honey was the principal sweet food for most countries.

EXTRA CURRICULAR AWARDS

The committee on Extra Curricular Awards has announced the following awards to Coleman Lee of Groveland, a Star; Mary Elizabeth Carey of North Andover, a Second Star; Leo J. Hebert, Jr., of Saugus, a Star; and to Gilman Whitman of Danvers, an Old English "E".

The Old English "E" is the first award and for each additional year that the student wins a place on this list they are awarded a Star.

F. F. A. NOTES

During September nearly 100% of the entering students enrolled as members in the Essex Chapter Future Farmers of America. The first regular meeting of the Chapter was held on October 18 for the purpose of nominating candidates for the various offices. With the membership reduced fewer activities are possible but the Chapter will carry on whatever program seems feasible under war conditions.

War Stamps

The sale of war stamps and bonds will be continued as a chapter activity under the supervision of Instructor James N. Cole. The chapter over subscribed the goal set for last year indicating a desire on the part of its members to do their share in contributing to the war effort.

Books for F. F. A.

The F. F. A. manual is available in the school library for all officers and members. There are also pamphlets and books which explain the work of the F. F. A. New members should ask to see this material.

Project Story Contest

The American Farm Youth magazine is sponsoring a project story contest. Upper class F. F. A. members should make an effort to enter this contest if they have completed a productive ownership project.

G. E. G.

FRESH APPLES TO ENGLAND

For the first time since 1941 fresh apples from the United States will be for sale on markets in England and other parts of the United Kingdom this winter, the War Food Administration announces. The big apple crop due this fall, fewer dried apples, and easier shipping conditions are the reasons. Since 1941 apples only in dried form have been shipped to the United Kingdom, which was formerly the principal export market for fresh apples from this country, and consumed an average of more than 5 billion bushels annually.

WEDDINGS

Justine Bishop and Donald Martin both members of the Class of 1941 were united in marriage in September. Justine is the daughter of Mr. and Mrs. Leslie Bishop, formerly of Salem and Marblehead but now residing in Wethersfield, Conn. Donald is employed at the Salem Electric Co. After October 1, they will be at home to their friends at their home in Beverly.

Yolanda Scamperino, class of 1937 who is in the WAVES and has the rating of Parachute Rigger 3/C was married on September 23 to Charles Edward Smith, Jr.

Page Gifford, class of 1940 was married September 24 to Lt. Elmer Campbell Jr. of Middleton, who is home on furlough after many bombings of Europe. Page is the daughter of Instructor George E. Gifford.

Instructor and Mrs. George Gifford observed their twenty-seventh wedding anniversary on September 26.

Ruth L. Fossa S. K. 3/C and member of the class of 1935 was married on July 8 to James W. Anderson, G. M. 2/C U. S. N. of Wichita, Kansas. They were married in Gretna, Louisiana and after a five day honeymoon in New Orleans they returned to their respective duties with Uncle Sam's forces.

On Sunday October 1, Miss Shirley M. Lacey of Methuen was married to Franklin E. Barlow of the class of 1943 and president of the Essex Aggie Alumni Association.

ESSEX AND BERKSHIRE COUNTIES VYING FOR FIRST PLACE IN THE GATHERING OF MILKWEED PODS

At a meeting of Superintendents of schools of Essex County held Oct. 20, at the Essex County Agricultural School, Allen Edminister, Supervisor of the War Hemp Industries said the school children of Essex and Berkshire counties were running very close in the amount of milkweed pods gathered. Very close to 3,000 bags of pods have been accounted for in Essex County and this is about one half of the bags given out.

Director Harold A. Mostrom welcomed the group to Essex Aggie and outlined some of the school's program and Alton G. Perkins, Assistant to the County Committee of the Agricultural Conservation Program presided at the meeting.

Mr. Edminister said that the milkweed which has been packed in bushel onion bags and dried will be tagged and sent in less than carload lots by freight to a point in Vermont where they will be loaded into open cattle cars and shipped to Potoskey, Michigan, where they will be processed and made in "Mae West" life jackets for the boys in the service.

It is hoped to have all the milkweed pods at Potoskey by Thanksgiving. There are 29 states and Canada working on this project.

VARY YOUR SQUASH

One of the popular and valuable vegetables, especially at this holiday season, is squash. The large type green or yellow Hubbard and the Delicious have been the popularly grown varieties for a long time. Two new varieties are now available and should be tried.

Acorn or Des Moines is a small dark green squash with a very hard shell. It is most often baked and served in the shell and it makes an excellent variation for fall menus. Simply wash and cut in halves or quarters, remove all seeds and stringy portions and place in a tightly covered casserole. Fat may be brushed over it before or after cooking and a small amount of brown sugar or molasses with salt before cooking gives an added good flavor. Cooked in the oven in a tightly covered dish it steams in its own moisture and retains all of the flavor and goodness.

Butternut squash is even newer on the market and a most welcome newcomer. It is a small coffee colored squash similar in shape to a yellow summer squash but it is definitely a winter squash and keeps very well in cool dry storage. It may be easily peeled and cut up. Then steam or boil and prepare this just as you have the more familiar types of squash. The fleshy part of the Butternut squash may be sliced and dipped in flour and then saute slowly.

It is exceptionally dry and fine grained and well flavored and is more suitable for small families because of its size.

Try this new squash the first time you find it in your market and then I am sure you will buy more and get some seed for your own garden next spring.

Ruth Emerson
Foods Department

AGRICULTURAL OBSERVATION DURING THE SUMMER OF 1944

As I look back on the summer, the most important thing that strikes me is the season itself. In general it was not a good growing season from the Agricultural point of view. The month of May alone was the driest May in 118 years with only one fourth of an inch of rainfall. This got the farmers off to a bad start. Many had to replant entire fields of squash, corn, etc., because of poor germination due to lack of moisture. During this dry hot weather was a good chance to kill out the weeds but if they got too large more damage was done in getting rid of them than by leaving them. Much evidence of drought showed throughout the entire season. Many plantings of squash, cucumbers, etc., did not set fruit. Some farmers lost entire plantings of corn because the ears did not have enough moisture to mature and fill out.

The weather might have been an important factor but the absence of many of the insect pests was very noticeable.

Many new advances have taken place in the field of Agricultural Science since 1943. Many new types of equipment have been developed due to war manpower shortages. Many shortages have been relieved by experimenting with substitutes, both synthetic and natural. Farmers have had to increase their production by intensifying their methods rather than expanding. This tends to induce more scientific farming.

Gilman Whitman

HOW WILL AIR TRANSPORTATION EFFECT YOU?

With the coming of cheap air transportation many changes will take place especially in agriculture. It will make it possible to ship perishable products to any part of the United States and compete with the best of fresh local grown products. Therefore, the crop grown in any particular area will depend more upon its adaptability than the market. In the North one will not be able to grow a product grown in the South at lower costs. Thus some of us will have to convert our practices to growing a crop that is particularly adapted to our own locality.

What will you grow?

Gilman Whitman

MAGGIE WOOLY (APOLOGIES TO MONTY)

Maggie, a North Dakota pet sheep who died of old age recently, supported herself with her fleece. Over a 15-year period her wool, carded, spun, and knitted at home, produced 288 pairs woolen socks and stockings, 50 pairs mittens, 5 men's sweaters, 2 baby's sweaters, 2 wool knit blankets, 2 wool comforters, and 1 lady's sweater.

DATE DATA

Production of American-grown dates has increased from 1,000,000 pounds in 1926 to 20,000,000 in 1943. Weather has always handicapped growing of this fruit, which requires a very hot, dry temperature during the summer and fall ripening period. One shower can ruin the crop.

COLD SHOWER MAKES APPLES PEEL OFF

Apples heated from 240 to 250 degrees in a tight retort and then suddenly cooled by shutting off the steam and forcing in cold water may be peeled almost instantly with little waste. The same experiment was successful in peeling potatoes and shelling lima beans.

COMMUNITY MEAL TRAINING CONFERENCES

On October 10 and 11 in Andover and Marblehead, Miss May E. Foley, State Nutrition Specialist from Massachusetts State College, held Community Meal Training Conferences. There were about 20 women in attendance at each meeting representing eight to ten organizations in each community.

The purpose of these conferences were to train leaders in the preparation and serving of nutritious community meals and they in turn to train others in their individual groups. They were work conferences. The women assembled about 10 o'clock and under Miss Foley's direction prepared and served the following menu.

Low-point Inexpensive Harvest Supper

Swedish Meatballs
Oven Browned or Mashed Potatoes
Salad Bowl - Garden Relish
Dark and White Rolls
Apple Upside-Down Gingerbread
with Sea Foam Sauce
Milk for children — Coffee for adults

At the conclusion of the dinner Miss Foley discussed the menu, types of service and table decorations. The booklet "Community Meals" containing menus for all occasions, were distributed at the conclusion of the meeting.

All the women who participated in these training conferences were most appreciative of the privilege of working with Miss Foley.

If you are planning to serve a community meal you might like to include the dessert in your menu. These recipes will serve 25 people.

Upside-Down Apple Gingerbread

Slice in greased baking pans 3 pounds of apples (about 9 fairly large.) Sprinkle sparingly with sugar and add a dash of salt. A little water may be added if apples require it. Bake until partly done. Remove from oven and pour gingerbread batter over apples. Return to oven and bake 25 minutes in a moderately hot oven. Cut and serve upside down with Sea Foam Sauce.

Gingerbread

2 cups molasses	Sift together
2/3 cup fat	4 cups flour
1 cup sour milk	2 teaspoons ginger
2 eggs	1 teaspoon salt
	2 teaspoons soda
	4 teaspoons baking powder

Put fat and molasses in saucepan, and bring to boiling point. Remove from fire, add milk, well beaten eggs, and remaining ingredients.

Sea Foam Sauce

1/2 cup margarine	3-4 eggs
1/2 cup flour	2 cups milk
2 cups sugar	2 teaspoons vanilla

Cream margarine, flour and sugar. Add to hot milk in top of double boiler and beat with egg beater. Let cook 8 to 10 minutes, stirring occasionally. Pour slowly over beaten egg yolks, while stirring. Return to double boiler and

OPPORTUNITIES AHEAD FOR MASS. FARMERS

World War II promises to leave in its wake the greatest opportunity yet for Massachusetts farmers, ventures George W. Westcott, agricultural expert at the state college. Opportunities lie in greater use of New England's small stony fields by employing heavy duty machines such as bull-dozers, mechanical shovels, and breaker plows — highly developed during this war for overcoming difficult terrain.

Cheap fertilizer is another outcome of accelerated wartime research and production and will be available in greater quantities, says Westcott. Since the days our forefathers cleared the soils by sheer strength of man and beast, Massachusetts has had to import much of its livestock feed from the more fertile lands of the West.

There will be more "growing space" available by use of machinery capable of making good crop land out of unused stony fields, brush, and woodland. And with fertilizer cheap and plentiful, Massachusetts will be able to expand and compete in production of market garden crops and nutritious forages for livestock. This will be a real advantage with large population centers providing huge markets at New England's backdoor.

Massachusetts has led the country in dairy and poultry husbandry efficiency. Now opportunities lie ahead to improve its competitive advantage through expanded production of garden crops and livestock feed.

SELECTIVE CUTTING

The U. S. Forest Service encourages good forest management and selective cutting to increase the growth of trees and make them a more profitable crop for the owner.

When selective logging is adopted the large and mature trees are cut and the small vigorously growing stock is left. Lumber can be produced with less labor in this way. Stop watch slides made by the Forest Service show that in Eastern White Pine twice as much labor is required to produce lumber for 6 inch as from a 13 inch tree.

The study also revealed that ten percent of the labor could be saved by selective cutting in northern hardwood stands. Mature trees should be harvested now. Fast growing or immature trees should be left for future growth.

Ezra I. Shaw

County Farm Forester

cook about 2 minutes. Then add vanilla and fold in beaten whites of eggs. Serve at once.

1 cup corn syrup may be substituted for 1 cup of sugar. It may be added to the milk.

Ethel M. Moore

Acting Home Demonstration Agent

GARDEN CHAT

Garden areas should be cleaned of weeds, cabbage stumps, tomato and cucumber vines and what have you and placed onto the compost pile. Such waste material along with layers of leaves, lawn clippings and sprinklings of lime built up layer by layer, along with some garden loam will decay in a year or two. The pile should be kept moist to hasten decaying and should be turned over once or twice a year. In building the pile keep sides vertical and the top flat or indented to allow water to soak into the soil to aid decomposing. The pile may be built to any convenient height. One may sprinkle a complete fertilizer, such as a 5-8-7, through a compost at the rate of 100 lbs., per cord to good advantage.

This organic material or humus may be used in a number of ways after it is well decomposed. It serves as a good tonic in the garden for starting of plants; both for vegetables and flowers. It makes an excellent lawn fertilizer when broadcast in the Spring. Compost soil is not too rich for starting seeds in the house in the Spring or used as transplanting soil.

The corner of your lot is a good place to locate a compost pile and can be concealed by means of hedges, shrubs, vines or a lattice arbor of some sort.

Do not be careless or neglect your storage rooms now that you have put vegetables away for winter use. There are three essential facts to keep in mind for satisfactory storage; proper ventilation, humidity and temperature. The ideal temperature would be from 38-40 degrees F. To maintain such a temperature the ventilators should be kept open at night until the temperatures drop down below 30 degrees and kept closed during the day time.

After the temperature drops lower than 30 degrees at night the ventilators should remain open in the day and kept closed at night. When too severe weather is present the vents should remain closed except during the middle of the day and opened just long enough to change the air. To supply a humid condition in the storage room sprinkle water on to the floor and have a pail or two of water present in the room. It has taken several months to produce these stored products and only a few hours might destroy them if you are not careful of storage management.

C. M. Stearns

CANNING KITCHEN

(Continued from page 1, col. 1)
came to the school each Monday and received project credit for the canning which they did for the School.

Although the canning kitchen closed officially on August 25, throughout September students in their foods classes have continued to can for the school.

These canned goods will be used during the winter in the school cafeteria.

Constance L. Maude
Acting Educational Manager
Homemaking Department



4-H Club Notes



NATIONAL CONTESTANTS

This is the time of year when the club agents are always after you for 4-H records. Most folks don't like to keep records, so when we call for them it is difficult to get them. However, if it were not for the records the following club members might not have been chosen to enter the National contests as Essex County winners.

Frances Bonjorno who has been a club member in Beverly for seven years has entered the Achievement Contest. Frances has been in the clothing club, food club, Big Sister and canning clubs. She has been outstanding as a clothing club member, having entered the State clothing contest as a blue ribbon winner in the county.

Natalie Polk of Gloucester was the Canning achievement entrant. Though Natalie is comparatively a beginner in 4-H club work, she has gone a long way in a short time.

Allene Dozier of Lynn has been a club member and a 4-H leader for eight years, having started as a Clover Bud at the age of eight. Clothing has been her major project, with crafts as a minor, and the one in which she had led a club for three years. Allene has been a county clothing winner and entered the State clothing contest.

Virginia Bennett of Danvers represents the Food preparation contest. Virginia started club work as a Clover Bud and has been an all-round 4-H'er for seven years, carrying both Home Economics and Agricultural projects.

The Girl's Record contest is being entered by **Marilyn Comfort** of Saugus. Though Marilyn has been in club work only two years, she has four projects to her credit, for each year. These include canning, gardening, poultry, and clothing. She has done a fine job on each project, and has already started on the same projects for the coming year.

Marion Anderson of Lynn has entered the Home Furnishing contest. Marion represented that project at the State 4-H week this summer and has taken over as assistant leader of her club for the coming year.

Betty Grimes who has been leading a craft club in Danvers is entered as Leadership contestant. In six years of club work, Betty has carried on a variety of projects including home furnishing, book lovers, canning and clothing. Betty was one of two delegates from the State to attend Camp Miniwanca in Michigan last summer on leader training.

VICTORY GARDEN GENEALOGY

The tomato is first cousin to the eggplant and the pepper and a much farther removed cousin of the potato.

4-H ACHIEVEMENT WEEK

November 4-12

Throughout the county, state and nation the dates of November 4-12 are proclaimed as 4-H achievement week. As many 4-H clubs as possible will have achievement programs of various kinds and make plans for the coming year. Those clubs not having organized programs will have a news release on the event telling of the previous year's activities.

LEADERS' MEETINGS

Four-H Leader training meetings have been held in the county by Miss Marion Forbes and Miss Tena Bishop, Assistant State Club Leaders. Miss Forbes conducted clothing meetings in Beverly, and Saugus, giving new ideas for club meetings.

Breakfast was the theme of the meeting held at the Homemaking Building of the Essex County Agricultural School with Miss Bishop in charge. Muffins and a spread using Soya flour were made at the meeting.

Other meetings will be held for leaders in various parts of the county during the winter to pass on the ideas of these meetings.

JANE RUSSELL A WINNER

Jane Russell of Great Pond Road, North Andover was given a purebred Guernsey calf. Jane had a girl friend in New Hampshire active in 4-H Dairy club work show, as Jane was a 4-H Dairy member she showed her calf in New Hampshire fairs along with her friend Elaine Browning.

Jane showed her calf in the Hopkinton Fair in the open classes and won a second prize of \$3.00. In the 4-H classes at the same fair Jane won a second prize and a fifth prize and \$5 prize award in the Fitting and Showmanship contest for 4-H.

The next fair that Jane attended with her calf was the Laconia Victory Fair. At this event Jane won a fifth prize in fitting and Showmanship and won \$2.00 in War Savings Stamps. She won a second prize on her animal.

These were Jane's first 4-H club dairy shows and she was pleased at the five ribbons she won. Next year Jane plans to raise a Vegetable garden and will sell vegetables to help raise money to pay for her calf's feed and equipment for the barn.

"OLDER RURAL YOUTH"

"Older Rural Youth", a fine pamphlet written by Mr. T. A. Erickson, former State 4-H Leader in Minnesota for 28 years will shortly be available at this office. If you would like a copy please write and ask for one. Here is a representative statement from this booklet.

"In our fight for the 'Four Freedoms', rural youth is truly one of the most dependable resources of the nation. Therefore, should we not take them into our peace plans, not only in gratitude for their part in winning the war, but because they will have a unique part in building our 'New World'?"

"Studies indicate that less than 12% of the rural youth between 16 and 25 years of age belong to any organized group. This situation is more important when we appreciate that over 80% of our armed forces come within the age group of 18 to 30 years."

Four-H clubs have a very active part to play in the Rural Youth program. Many of the club members of today will be the 4-H leaders of tomorrow. Not only will they be 4-H leaders but they will be leaders in whatever field their endeavors may lay.

"Ill fares the land, to hastening ills a prey.

When wealth accumulates, and men decay;

Princes and lords may flourish, or may fade

A breath can make them, as a breath has made;

But a bold farm people, their country's pride,

When once destroyed can never be supplied."

from Goldsmith in "The Deserted Village"

Let us all persevere in whatever way we may to do all possible to offer all Rural Youth the best Guidance that their development will be the rich inheritance of their communities.

It is our duty — Let's think and act now!

NATURE CRUSADERS

The Nature Crusaders of Middleton have organized under the leadership of Miss Sylvester. The members are making scrapbooks of waxed leaves. This club is active in collecting paper for salvage, taking fat to the store for use in high explosives, collected 7 bags of milkweed pods and plan to make donations to the needy in the Merchant Marines. The club members also packed a Sunshine box for a boy who broke his leg.

Essex Farmer and Homemaker

VOL. 26

HATHORNE, MASS. DECEMBER, 1944

NO. 12

Entered as a second-class matter, May 28, 1919, at the Post Office at Hathorne, Mass., under the Acts of August 24, 1912.

School Herdsman

Injured

On Wednesday evening, November 8, William J. Abbott, our school herdsman, was seriously injured as the result of a shotgun's accidental discharge.

This unfortunate accident occurred soon after Mr. Abbott and two of the student employees had returned from the poultry range where they had been looking for foxes which have been a serious menace to the poultry on the range. For some reason or other one of the guns which had been used on the range was left loaded, and as one of the boys attempted to open it and make sure that it was ready to be put away it was discharged and the shell contents entered Mr. Abbott's body at close range. He suffered serious internal injuries and has been in a critical condition in the Beverly Hospital.

We are glad indeed to report that he has more than held his own and seems to be making a fairly rapid recovery.

HAROLD E. THURSTON

The news of the sudden passing of County Treasurer Harold E. Thurston on Monday, November 28, 1944, came as a shock to his many friends at the school.

Mr. Thurston had been Treasurer of Essex County since 1925, and through his official capacity had become known to many of the students and graduates, either directly or indirectly, as well as to all the members of the school staff.

He had always shown a most sympathetic and understanding attitude towards the school and proved himself to be a real friend of the school time and time again.

His going has saddened all those who knew him, and he will be greatly missed in the days to come. The school extends its sincere sympathy to the members of Mr. Thurston's family.

Graduation, 1945

Graduation for the class of 1945 will be held on Friday, November 2, 1945.

Our experience with an earlier graduation date in 1944 was so successful that both Trustees and Alumni feel that it is best to continue the earlier date. We had beautiful weather and an excellent attendance, considering war-time conditions.

There has been some discussion concerning the day of the week, some favoring an earlier week day. The arguments in favor of Friday seem to outweigh those favoring another day, and it is the considered judgment of the Trustees and their official vote that we shall continue to hold these exercises on the same day in 1945.

FAREWELL PARTY TENDERED ALTON G. PERKINS

On Wednesday evening November 8, 60 members of the Essex Aggie staff with their wives and husbands tendered a banquet and farewell party to Alton G. Perkins who has been an instructor for the past 13 years. Mr. Perkins and family are moving to Danielson, Conn., where he is going into full time ministry.

Instructor Ellery E. Metcalf was toastmaster and brought the greetings from friends who could not be present and read a poem written by one of the janitors, Harry Allen.

Harold A. Mostrom, Director of the school paid tribute to Mr. Perkins and his work at the school saying that he had graduated from Essex Aggie with the class of '23 and then went to the Nazarene college in Wollaston for seven years. Mr. Perkins returned to the Essex County Agricultural school as Camp Director and later as full time Science instructor all the time carrying on the preaching each Sunday at a church in Lawrence. Director Mostrom presented to Mr. Perkins a very substantial purse of money from the staff, and the Essex Chapter of Future Farmers of America.

Miss Annette Meigs sang several solos and was accompanied at the piano by Mrs. Harold A. Mostrom. Instructor George E. Gifford gave several character readings and Miss Lucy Hartman played for group singing. Games were enjoyed with the following in charge, George A. Meigs, Byron Colby, Mrs. Beatrice Coughig and James N. Cole.

At Mr. Perkins' last assembly Friday morning the student body presented him with a purse of money. It was stipulated that this is to be added to the amount

Farm Machinery

Repair Course

An evening class in the repair of farm machinery and equipment will be offered again by the school this winter, if there is sufficient interest to make up the minimum number required for the class. It is proposed to open three shops with an instructor in charge of each. To do this it will be necessary to have a minimum enrollment of 30 in the class.

These three shops will be motor repair, woodworking, and metals, and students will be assigned to one of the three shops from lesson to lesson, according to the type of repair work to be done.

This course is primarily for farmers, either full time or part time, who have farm equipment to put in shape for the coming growing season. Others may be admitted, providing they are willing to work on the jobs which are available for instruction purposes each session.

Classes will be held on Tuesday and Thursday evenings from seven to ten o'clock. No one should enroll for this course unless he has sincere intentions of completing the entire program of twelve lessons in six weeks. If interest warrants, the course may then be repeated for another six weeks' period.

All who are interested should submit their names by telephone or by mail before January 1. Further information will be mailed to each person concerning opening date and the facts concerning the course. There are no tuition fees. Class members may obtain gasoline for transportation, if necessary, when they can show their local boards that there are three or more riding together to the class.

CHRISTMAS DECORATIONS

Prof. Arnold M. Davis has been in the county twice in November once in Haverhill and once in Merrimacport where he gave demonstrations on the making of Christmas Decorations. On December 18 Prof. Davis will be in Lawrence. These meetings are always highlights of the season in communities fortunate enough to be able to have Prof. Davis show them how to make wreaths, swags, table or mantle pieces from evergreens for home decoration at Christmas.

given him on Wednesday evening to be used for the purchase of a much needed typewriter. Student Walter Mills of Newbury made the presentation.

Essex Farmer and Homemaker

HATHORNE, MASS.

Published monthly by the Trustees of
the Essex County Agricultural School

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1945 CONSERVATION PROGRAM AND MATERIALS

Farmers met in twelve different communities of Essex County during the period Nov. 15th to Dec. 15th to elect committeemen to carry out the 1945 Agricultural Conservation Program. Three regular committeemen and two alternates were elected for each community, and a delegate and alternate selected to attend the December 18th meeting to elect the 1945 County Committee.

Ground Limestone and 20% Superphosphate will be available for 1945. The A. A. A. pays 80% of the cost of these materials, and the farmer pays approximately \$1.25 per ton on Lime, and 24¢ a bag on Superphosphate. As before, the farmer hauls his material from the freight car.

This year delivery dates on the lime cannot be promised. Due to the volumes of materials to be distributed, it is necessary to spread the time of delivery over the entire year. Requests for Lime and Superphosphate should be placed with community committeemen or the county office, room 34, Essex County Agricultural School, Hathorne, without delay to be included in the earliest cars to local freight siding.

Cash payments may also be earned by the farmers for carrying out approved soil building practices. These include the application of potash in connection with the planting or topdressing of legumes and grasses for either forage crops, pasture, poultry ranges or orchard sod; the application of air-dried straw of hay as a mulch in orchards; and the planting of winter cover crops.

COMPARATIVE FUEL VALUES

It requires over one ton of coal to produce a ton of steel for war purposes. It is next to impossible to mine enough coal to meet war and civilian needs. About one-third of the tonnage of freight carried by the railroads is coal. If consumers will use wood obtained nearby, instead of coal brought from the mines hundred of miles away, freight cars can be released to transport war materials and more coal will be available for war uses.

Wood compares favorably with other fuels. Our best species if well seasoned are capable of producing as much heat per cord as a ton of coal.

Moisture in the wood is the most important factor in the heating value. When wood is burned, the water in it must be raised to the boiling point, converted into steam, and finally superheated to the temperature of the flue gases. Hence the heat required to drive off the moisture does not serve to warm the stove or furnace. Generally from 25 to 45 percent of the weight of green wood is water, and in such species as cottonwood and willow it may be even 55 or 60 percent. By drying out much of this water, the heating value of the wood is considerably increased. For example, green stagbark hickory weighs about 800 pounds more per cord than air-dried wood of the same species, the difference representing mostly water. This extra moisture reduces the heat value about one-sixth, as shown in the following table.

Approximate weight and heating value
per cord¹ of different woods,
green and air-dry²

(Data supplied by Forest Products
Laboratory, Madison, Wis.)

Species	Weight Equiv., coal			
	Green		Air-dry	
	Lbs.	Lbs.	Tons	Tons
Ash	3,340	3,440	0.75	0.81
Aspen	3,440	2,160	.47	.57
Beech, American	4,320	3,760	.79	.89
Birch, yellow	4,560	3,680	.79	.97
Elm, American	4,320	2,960	.65	.78
Hickory, shagbark	5,040	4,240	.94	1.12
Maple, red	4,000	3,200	.88	.85
Maple, sugar	4,480	3,680	.84	.97
Oak, red	5,120	3,680	.81	.97
Oak, white	5,040	3,920	.87	1.04
Pine, eastern white	2,880	2,080	.55	.60

¹Containing 80 cubic feet of solid wood.

²Air-dry means with 20 percent moisture in terms of oven-dry weight, or 16.7 percent in terms of total air-dry weight.

Ezra I. Shaw
County Farm Forester

Molasses Sauce

1 cup molasses
1½ tablespoons margarine
2 tablespoons lemon juice or vinegar
Boil molasses and margarine 5 minutes; remove from fire and add lemon juice or vinegar.

WHAT'S NEW IN TREE FRUITS?

The term new as applied to varieties of tree fruits is a purely relative term. Thus, it was forty-six years ago that the original cross was made that finally resulted in the Cortland variety. It was introduced in 1915, twenty-nine years ago but is still a new variety to most people. It certainly is new compared to the Baldwin whose origin goes back to 1750 or to the McIntosh that is supposed to have originated, believe it or not, about 148 years ago.

It was to shorten the time it takes to finally decide the value of what promise to be good new varieties for the fruit growers of Essex County, that the School has operated a fruit nursery. Here, through the years, well over 150 varieties or strains of large and small fruits have been under observation.

As was expected, most of these have failed in one respect or another to measure up to the hope that they might be good enough to be recommended for planting in the County.

The following varieties, however, we believe deserve to be more widely planted.

Apples: Early McIntosh, Milton, Cortland, Kendall, and Macoun. These crosses of McIntosh extend the season of this high quality variety from mid-summer right through the winter to early spring. (from cold storage) Medina, and Richard of the Delicious type. Red Gravenstein and Red Spy; all-red bud sports of the older striped varieties.

Peaches: Golden Jubilee, a high quality midseason, yellow freestone and Cumberland a white fleshed sort.

Plums: Stanley, Hall and Albion. Whoever plants this trio will have a full season's supply of quality fruit for eating fresh or for preserves.

Pears: Cayuga, a seedling of the high quality Seckel but much larger.

Under test at the present time, the following varieties have not fruited at all, or not long enough to demonstrate their value for use in Essex County.

Apples: Beacon, Close, Crimson Beauty, Haralson, Redhook, Prairie Spy, Minjon, Minn 638, Fireside, Milden, Red Rome and Webster.

Pears: Bantam, Patten, Parker, Dumont and Waite.

Plums: De Montford, Pacific, Pine-stone, Redcoat, Ember and Superior.

Peaches: Afterglow, Golden East, Pacemaker, Summercrest, Valiant, Veteran and White Hale.

In succeeding articles we will discuss our experience with Dwarf Fruit Trees and New Varieties of Small Fruits.

YOU CAN BE SANTA'S HELPER

Most of Santa's helpers are working in war plants now, and Santa is having a hard time getting together enough toys for the children, so you can be his helper.

The gingham dog and the calico cat may be absent from the store shelves, but you can with a little time and effort, make excellent substitutes at a fraction of the cost of commercial ones.

(Continued on page 2, col. 1)

(Of the Supplement.)

SUPPLEMENT

Essex Farmer and Homemaker

SCHOOL NOTES

DECEMBER, 1944

CLASS OF 1944

Homemaking Department

The 1944 Homemaking Department graduates are busy in many varied occupations.

Rose Devoe — is working for Mrs. Quincy Shaw in Boston

Nancy Edmands — was married in August to Norman Allen '44. Norman has recently received his medical discharge from the U. S. Army and they are living on Argilla Road, Ipswich.

Rose Grasso — is a freshman at Framingham State Teachers' College.

Barbara Hood — is working at Colbert's Restaurant in Danvers.

Evelyn Kent — is doing defense work at Hytron, in Newburyport.

Maureen O'Leary — is a clerk at Almy, Bigelow and Washburn's in Salem.

Constance Ormsby — is attending the Massachusetts School of Physiotherapy in Boston.

Ruby Richardson — is doing defense work at the Boston Blacking Company in Middleton.

Mildred Sapienza — is doing defense work at the Western Electric Company in Haverhill.

Ruth Stafford — is working in the diet kitchen at the Lynn Hospital.

Edyth Marsland

20TH ANNUAL SCIENCE EXPOSITION

The 20th annual science exposition was held at the Essex County Agricultural School on Friday November 17. Following were the students awarded prizes for their exhibits. The five most out standing exhibits were awarded special prizes and these went to Leo J. Hebert, Jr., Saugus; Gilman Whitman, Danvers; Waldemar Kester, Swampscott; Lewis Bulgaris, Newbury; and Herbert Mackey of Salem.

First place ribbons went to Terry Foster, Saugus; George Staples, Salisbury; Hebert Mackey, Salem, Donald Andrews, Topsfield; Kenneth Barton, Beverly; Charles Smith, Boxboro; David Hardy Boxford, Waldemar Kester, Swampscott; Gilman Whitman, Danvers; Leo J. Hebert Jr., Saugus; Ralph Robbins, North Reading; Lewis Bulgaris, Newbury, and Baron Fryer, Manchester.

Second place awards went to: Charles Fuller, Beverly; Richard Dobzelecki, Danvers; Oliver Silva, Topsfield; Rupert Kilgour, Newbury; Allen Passmore, Lynn; and Robert MacLaren, Malden.

Third place awards went to: Carroll Mikonis, Haverhill; Norman LeBlanc, Haverhill; Richard Haskell, Bradford; Gerard Sigouin, of Andover.

CHRISTMAS DECORATION SHOW

The Floriculture Club will hold their annual Christmas Decoration Show at Essex Aggie on December 13 and 14. This is an annual event and the students are looking forward to the days after the war when they can have a show on the scale of pre-war days. Congratulations to them in carrying on although on a much smaller scale.

ECHO CLUB NOTES

On Wednesday November 22, the Echo Club officers for the year 1944-1945 were installed in a candlelight ceremony.

The new officers are Cynthia McAuley, Danvers, President; Elinor Champoux, Newburyport, Vice-President; Barbara Smith, Middleton, Secretary; and Claire Conlon, Lawrence, Treasurer.

Following the installation the members of the Echo Club pledged their loyalty to the new officers.

Bette Andrews

ARMISTICE DAY ASSEMBLY

On Friday, November 10, a joint assembly was held in commemoration of Armistice Day.

The program was opened with the song "America The Beautiful". This was followed by the salute to the flag and then Director Harold A. Mostrom spoke a few words of welcome and introduced the speakers.

The poem "In Flanders Fields" was read by Robert MacLaren.

Instructor John E. Eastwood, who is a graduate of the Agricultural Department, was next introduced. He read the list of four former students at Essex Aggie who made the supreme sacrifice in the last World War. Mr. Eastwood said that he knew these students personally.

Instructor Carlton M. Stearns next told of his own personal experiences on the first Armistice Day when he was in France.

Hilda Gaudet, a Senior, read a poem written by Mrs. Maude's brother, Robert Lovett, who is now serving with the armed forces in Italy. The poem was entitled "Armistice Day 1944". After the poem she read the list of eleven former students of the Agricultural Department who have made the supreme sacrifice in the present World War.

Instructor Henry P. Thurlow, who was until recently a Major in the United States Army and is now on Inactive Service, gave an interesting talk about his experiences in the California desert training and of supply service in war time under the Quartermaster Corps.

The program ended with the singing of the first and last verses of "America".

Cynthia McAuley

FALL FLOWER SHOW

The Essex Aggie Horticultural Club participated in the competition at the Fall Flower Show at Horticultural Hall, Boston November 9-12.

They were awarded first prize for their exhibit which was a display of potted house plants covering a space of 50 square feet. Besides \$35.00 in cash, a letter of commendation from Mr. Nehrling, Director of Exhibits for the Massachusetts Horticultural Society has been received by the club.

Gilman Whitman

ESSEX AGGIE ALUMNI

Essex Aggie Alumni held their annual banquet and meeting on Friday November 3, with 170 at the banquet and others coming in for the dance.

The new officers elected for the coming year are Edward Lynch of Lawrence, President; Mildred Russell, Danvers and Arnold Hebert of Lynn, Vice-Presidents; William J. Abbott of Hathorne, re-elected Secretary-Treasurer. Horton Bradstreet of Topsfield a member of the Executive Committee for three years and Marie Murray of Lexington a member for one year.

LET'S MAKE CHRISTMAS COOKIES

A box of homemade cookies wrapped in gay paper make a gift that would be appreciated by anyone.

Christmas Cookies

- 1/2 cup shortening
- 3/4 cup sugar
- 2 tablespoons of milk
- 2 eggs (well beaten)
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 3 1/2 cups flour
- 1 teaspoon flavoring

Cream shortening and sugar, add eggs and milk and flavoring.

Sift the salt and baking powder with the flour and add to the first mixture. This will make a moderately stiff dough which should be chilled for an hour in the ice box.

Roll the chilled dough very thin, working with about 1/4 of the dough at a time keeping the rest of the dough well chilled. Use as little flour as possible while rolling. Cut the rolled dough in fancy shapes. Decorate with raisins, chopped nuts, candied orange peel, or colored sugar.

Bake on a greased baking sheet 400 degrees (F) for five minutes or until cookies are delicately brown.

Marion Blake

MERRIMAC PRODUCTION CREDIT ASSOCIATION

Archer L. Pierce of Peabody and J. Warren Chadwick of West Buxford were among the four directors of the Merrimac Production Credit Association who attended the annual directors' conference in Portland on November 2 and 3. More than 12,000 farmers have obtained loans this year totaling \$24,478,000 through the 34 production credit associations in the New England States, New York and New Jersey. The Merrimac association has supplied \$286,400 in short-term credit to 153 farmers this year.

Ways of improving the service of production credit associations, both now and in the post-war period, were discussed at the conference. Mr. H. B. Munger, President of the Production Credit Corporation of Springfield, pointed out that after the war many farmers will need funds to make repairs to buildings, to buy new machinery and to do other things that have been deferred during the war because of labor and material shortages. He stated that one of the biggest responsibilities of the production credit associations was to help farmers improve their financial condition so that they will be in the best possible position to meet any peace-time adjustments.

Progress already made and plans for achieving complete farmer ownership of production credit associations were discussed and plans were made for the annual stockholders' meetings to be held around the first of the year.

NAVY DAY

Navy Day was observed here at Essex Aggie with an unexpected joint assembly at nine o'clock. Gene Burr of the Class of '42 and now in the Navy was home on furlough and was at the Assembly. Patrick Gildo Santin of the Class of 1937 was present as guest speaker.

Santin, known to Essex Aggie folks as "Gil", is now a Lieutenant in the Marines Air Corps and had recently returned from bombings in the South Pacific. He brought with him many souvenirs that he had picked up on the islands and a great many pictures that had been taken of the people and islands.

His flying and bombing had been done from a Corsair over Bougainville, Vela Lavela and New Hebrides. He has now gone to the Naval Air Station at Pensacola, Florida where he will instruct.

SANTA'S HELPER

(Continued from page 2 col. 3)

Visit the pattern counter of any store and see the excellent patterns you can purchase for all sorts of stuffed animals, rag dolls, bean bags and so forth.

You will find with each pattern plain directions for making and the amount of material to use. When you start working on these articles you will find the Christmas spirit has already come, and you will have fun long before it is time for Santa to arrive, and just think of the fun the children will have when Santa leaves his gifts.—Abbie L. Clapp

RHEUMATIC FEVER

Rheumatic fever has been described as the "forgotten health problem". It is estimated that 500,000 children and perhaps an additional 500,000 adults in the United States at any given time have crippled hearts as a result of previous infection with rheumatic fever. The cause of this condition is unknown but rheumatic fever frequently follows sore throats, scarlet fever and other conditions where the streptococcus germ has invaded.

Study of thousands of cases indicate that inadequate clothing, housing, food and sunshine tend to lower resistance to infections of all kinds. Most cases begin in childhood between the ages of five and fifteen. Often the symptoms have been called growing pains. The child complains of pain in an ankle or other joint and has a fever. There is also rapid pulse, loss of appetite, and failure to gain weight. The greatest hope in rheumatic fever is for earliest recognition of the disease. The most serious complication is the damage to the heart. It is said that if a person develops rheumatic fever the chances are about eight out of ten, that he will acquire rheumatic heart disease.

If a child develops an attack of rheumatic fever the chances are high that he will develop another. At the present time there is no specific cure. The patient should receive medical care, good personal hygiene, plenty of rest, good food, fresh air and sunshine.

Dorothy Leavitt, R. N.

FARM BUREAU ELECTS NEW OFFICERS

The Essex County Farm Bureau held their annual meeting on November 15, with 100 members and guests in attendance at the dinner. John L. Catten Jr. of Peabody presided at the meeting. New officers were elected for the coming year as follows: C. Nelson Hardy, Essex, president; Harry Blackadar, Ward Hill, vice-president; Ellery E. Metcalf, Saugus, Secretary; Ralph Gaskill, Danvers, treasurer. Directors of the coming year were: Kenneth Haskell, Merrimac; Herbert Kimball, Haverhill; Roger Lewis, Andover; Chester Dunn, Rowley; Melville G. Grey, Wenham; John L. Catten, Jr. Peabody; and Arthur Moore, West Peabody.

Delegates to the State meeting were appointed: John L. Catten Jr., Ralph Gaskill, County Agent Francis C. Smith, Roger Lewis and J. Warren Chadwick of West Buxford.

The Farm Bureau has recently held a canvass for new members and it was reported at the annual meeting that over 100 new members had been obtained making well over 200 members in the Bureau which is only three years old.

DECORATION OF BOULDERS FOR ARMISTICE DAY

Two girls and one boy were selected to decorate the four boulders for Armistice Day. These boulders are on the school grounds and were placed there in memory of the four students who died in the last World War.

The students selected to do the decorating were chosen because they had lost near relatives in the present World War. These students were Claire Conlon, Leona Hazel, and Lewis Bulgaris. The decorating was done under the supervision of Mrs. Butman and Mr. Gifford.

Through the help of Instructor H. Linwood White of the Floriculture department, evergreen swags were made which were also placed in each holder. The evergreen was supplied by Norma Marsland.

Claire Conlon

A NOTED VISITOR

On November 24, Essex Aggie was privileged to entertain a noted visitor from Brazil. Senora Francisca Pereira Rodrigues is in the United States studying our educational systems. She is particularly interested in the agricultural instruction given to American youths and 4-H club and Future Farmers of America projects.

Senora Rodrigues holds two titles: that of Honorary member of Historical Institute and Correspondent member of Historical Institute in Bahia. She is the author of ten books and has founded 2,859 elementary schools, 5 professional schools, 39 agricultural clubs and 85 plantations for schools. She has distributed 15,895 didactic books, 145 recreation books, 1,642 magazines for children, 18,065 writing books, 649 leaflets on agriculture and hygiene and 189 articles for school.

Besides maintaining correspondence with all schools in Brazil and with 35,000 children she had published and distributed freely seven million leaflets on Brazilian National History, agriculture and geography.

Senora Rodrigues was accompanied by Miss Anna Kloss of the Massachusetts State Department of Education.

F. F. A. NOTES

The election of F. F. A. officers was held November 2. The following officers were elected, Gilman Whitman, President; David Cochran, Vice President; Andrew Stahre, Secretary; Eugene Ellsworth, Treasurer; and James Fitzgerald, Reporter. Class representatives on the Executive committee are John Slivinski, George Chase, John Gosselin, and Robert Towne.

An executive board meeting was held on November 7. The board voted to give a sum of money towards Mr. Alton G. Perkins' gift and to take a membership in the Essex County Farm Bureau. Gilman Whitman was elected to represent the Chapter at the Farm Bureau dinner and annual meeting on November 15.

Leo J. Hebert, Jr.

RESULTS OF ESSEX COUNTY FARM SURVEYS

Few people realize the volume of food, feed and fuel produced by farmers in Essex County. In order to get a clear picture of our agricultural production, 90% of the farms have been surveyed throughout the year (1944). The results of these surveys have been tabulated by Calton O. Cartwright, Assistant County Agricultural Agent, and show a commercial production of 175,316,502 lbs. of food; 48,391.5 tons of feed; 9,526 cords of wood; 1,216,000 board feet of lumber. In addition, victory gardeners have also produced 17,780,000 lbs. of food. The estimated value of this food, feed, and fuel production at wholesale prices is \$11,624,195.00.

Farmers have had a difficult growing season this year. The freeze in May was a severe loss to all orchards of low elevation and to frost pockets in other orchards. Frost ringing of fruit was quite general on fruit remaining on the trees. Vegetable growers suffered considerable loss from the freeze on early crops such as lettuce, cabbage and cucumbers.

The drought of July and August cut down the size of the fruit crop seriously and reduced the yield of vegetable and forage crops.

Finally the hurricane in September occurred when 80% of the McIntosh crop was unharvested with a blow-off of 75% or about 50,000 bushels. Baldwins and other late varieties were not so severely damaged. The flattening of field and silo corn was a serious loss to dairymen.

In spite of these difficulties and the acute shortage of both seasonal and year-round farm labor, the farmers and farm workers of Essex County have produced a tremendous amount of food as shown by the following figures.

Essex County Food and Feed Production

1944

(1146 farms, 2134 full-time workers)

	Amount Produced	Value
10,926 cows	29,612,523 qts. milk	
262 beef cattle	2,500,000 lbs. meat	
11,461 feeder pigs	214,400 lbs. meat	
452 sheep	2,292,200 lbs. meat	
	44,000 lbs. meat	
222 goats	3,000 lbs. wool	
1,500,000 day old chicks (besides replacements raised)	140,187 lbs. milk	
356,586 laying hens	5,348,790 doz. eggs	
	1,716,078 lbs. meat	
529,852 broilers and roasters	1,797,464 lbs. meat	
14,884 turkeys	205,376 lbs. meat	
6,583 acres vegetables	1,952,800 bu.	
2,486 acres fruit	180,000 bu.	
TOTAL COMMERCIAL PROD.	175,316,502 lbs.	\$10,133,346.00
TOTAL VICTORY PROD.	15,780,000 lbs.	450,000.00
TOTAL FOOD PROD.	193,096,502 lbs.	10,583,346.00
29,705 acres hay	20,793.5 T	
2,005 acres field corn	15,040.0 T	
483 acres grass silage	2,898.0 T	
866 acres green feed	8,660.0 T	
TOTAL FEED PROD.	48,391.5 T	899,785.00
9,526 cords fuel wood		
1,216,000 bd. ft. lumber		
TOTAL FUEL WOOD AND LUMBER PRODUCTION		141,064.00
Total Food, Feed, Fuel Prod.		11,624,195.00

STATE SPECIALISTS APPOINTED

There have been two State Specialists appointed to the staff of Massachusetts State College during the fall.

Miss Barbara Higgins comes from Maine where she has been Home Demonstration Agent for nine years at Belfast and is Home Demonstration Agent-at-Large. Her chief responsibilities will be with the Family Economics program, including Outlook and will assist in organizing, especially with neighborhood leaders. Miss Higgins has worked with Dr. Gladys Gallup on a study to determine the effectiveness of different methods of Home Economics teaching, followed by a study to determine the effectiveness of Neighborhood Leader teaching.

Miss Higgins has already started her work here in Essex County assisting the Rehabilitation committee in setting up Minimum Standards for Family Living.

Mrs. N. May Larson, is the Child Development and Family Life Specialist on the Extension Staff. She comes to the state from Iowa where she was a Home Demonstration Agent and for the past 15 years Assistant State Leader and one of the district supervisors of their 96 counties. She has her Master's degree in Child Development and Parent Education from Iowa State College.

Having a daughter in the Waves and a 16 year old son she has first hand knowledge of family life. Her husband is a veteran of World War I, which gives Mrs. Larson an appreciation of the necessary adjustments that families will have to make during the post war period.

We are looking forward to welcoming Mrs. Larson here in the County early next year.

Ethel M. Moore

Acting Home Demonstration Agent

GARDEN CHAT

A survey of gardening during the past season would show the ups and downs, good and poor results depending upon various factors. Due to dry periods during the summer, those gardens treated on light soils or where little organic matter was present, suffered most. Organic matter; such as animal manure; green manure crops, like rye turned under; or compost material spread over the garden area are needed to add plant food for the growing plants as well as to aid in the holding of moisture during dry periods.

Commercial fertilizers are needed to supplement organic matter to supply plants with needed food.

Improper thinning of seedlings or plants account for low yields in many cases. Gardeners apply plant food for a normal supply of plants to a given area and consequently look for a normal yield. If there are more plants drawing upon the plant food present, each individual plant receives that much less and consequently the plants do not receive as much food as they should to produce a normal crop.

As a general rule plant diseases and insects were no more serious last year than usual. If gardeners do not use control measures to combat these how can they expect to receive a normal crop?

Gardeners must use control practices in order to keep down damage from insects and diseases otherwise yields are materially affected. Blossom end rot of tomatoes was widespread and damaging due to dry weather. Corn smut was conspicuous by its absence. Virus diseases were about as usual. Blights were fairly prevalent. Cucumber beetles were less abundant than usual and aphids were about as plentiful as were corn borer and Mexican bean beetles. Flea beetles and leaf miners were very prevalent.

Some gardeners have not learned the proper time to harvest crops for quality. Beans are picked several days after the peak of quality, freedom from strings and toughness. Corn is too old before being picked or may be pulled during the heat of the day rather than in early morning or late in the afternoon when the temperature is lower to note quality of product.

Were your results similar to these reported? If your yields were poor what were the causes? What may you do to correct them so that 1945 yields and results will be the best you have ever produced?

Carlton M. Stearns

MRS. HARRIET HAYNES' MEETINGS IN THE COUNTY

During the past month Mrs. Harriet Haynes, Home Management Specialist from Massachusetts State College has been presenting two types of programs.

One — "Magic in the Home", which is a series of two meetings. The first meeting entitled "Be efficient in the home" includes a study of the homemakers daily, weekly, and unusual schedule, and the analysis of individual task to see if they are done in the most efficient way. The second meeting, "Make your equipment work" stresses the care and use of utensils and equipment and storage spaces.

The other program is "Kitchen Clinics". At this meeting kitchen arrangement, floor and wall coverings, storage space, and units of work are discussed. Anyone attending this meeting who has a problem in her kitchen and is contemplating making some changes may request a home visit. The film strip "Keep your kitchen in step with the Times", prepared by Mrs. Haynes shows pictures of kitchens as they were and after they have been arranged more efficiently.

E. M. M.

Raisin Sauce

- ½ cup seeded raisins, cut fine or chopped
- 1 cup cold water
- 2 tablespoon sugar
- 1 tablespoon lemon juice
- Add raisins to water. Simmer until soft. Add sugar, cook slowly for 10 minutes. Add lemon juice.



4-H Club Notes



AROUND THE COUNTY

The Sewing Susans of Saugus led by Mrs. Ada Christensen and Mrs. Arthur Cummings are making aprons as their first article this year. For their community service they are knitting for the Red Cross and collecting papers.

The Stitch in Time Club led by Mrs. Charles Fossa of Danvers have elected the following officers for the coming year: Marguerite Fossa, President; Betty Grimes, Vice-President; Isabel Russell, Secretary-Treasurer; Dorothy Bourne, song leader; Nathalie Smith, News Reporter; and Pearl Densmore, Game Leader.

The Sewing Circle of the Beverly Health Center have recently assisted in preparing a window display on proper food for blood donor. This was a part of their community service.

The Sunshine Girls of Georgetown are already working on dresses under the leadership of Mrs. Warren Merrill. They are making service men's scrapbooks to be distributed through the Red Cross.

The Middleton Greeneretts led by Mrs. Gus Fischer are working on aprons. They plan to make dresses as their next garment.

The Cloverleaf Club and the West Parish 4-H Club of West Gloucester are being led by Mrs. James Benham. Both clubs are making aprons.

The Victory Club of Merrimac which is led by Mrs. Delma Black is making stuffed rabbits for Christmas gifts.

A new foods club has been organized in Saugus by Mrs. Gladys Buell. They are studying the breakfast unit.

The 4-H Busy Fingers are making scissors and thimble cases for their sewing boxes under the direction of Mrs. Eleanor Ryder of Saugus.

The Early Birds of Swampscott are making slacks, slippers, bed jackets and lapel pins. Miss Allene Dozier is the leader.

The Clover Bud club of Danvers has reorganized in two groups with the older girls being known as the Busy Blue Birds. Mrs. Andrew Tanner is leader of both clubs.

Golden Glow Mold

Mix together 1½ cups hot water, ¾ cup sugar, ¼ teaspoon salt, 2 tablespoons fat and 2 cups coarsely shredded raw carrot. Bring to a boil over direct heat. Mix 4 level tablespoons cornstarch to thin paste with ½ cup cold water, add to above and cook until it thickens (3 minutes) over direct heat. Return to top part of double boiler over hot water and cook 15 minutes longer. Remove from heat and add grated rind and juice of one lemon and one orange. Put into one large or individual molds to cool. Serve with top milk or Custard Sauce. Serves 6.

NATURE CLUBS ORGANIZED IN MIDDLETON

The following nature clubs have been organized in Middleton, **Forty-Two Junior Naturalists** led by Ethel Mack; **The Nature Crusaders** led by Miss Annabelle Sylvester; **The Middleton Nature Club** led by Miss C. A. Manning and the **Woodland Rangers** led by Natalie S. Thistle.

These clubs send a secretaries report after each meeting.

The **Nature Crusaders** have been making nature craft creatures sending packages to Merchant Marines, making scrap books, etc. Six members have taken part to market and others are in the paper drive. This club also bought three handkerchiefs for the Junior Red Cross Call.

The **Woodland Rangers Club** had a demonstration on Soil Erosion. The **Middleton Nature Club** has mounted some leaves for their notebooks.

ACHIEVEMENT DAYS

The 4-H clubs in the county are fast bringing their work to a close for 1944 and getting ready for 1945. Achievement Days have been held in the following towns: Saugus, attendance 192; Middleton, 125; Danvers, 45; The towns of Ipswich, Salisbury, Gloucester, Merrimac and West Newbury are planning to have their Achievement programs as soon as possible.

CONSERVATION

This year more than ever it is the duty of every 4-H club to help in every way we can to use wisely and conserve everything we have, whether it be food or clothing.

It is more noticeable every day that there is less materials to choose from to make new garments. Why not check up now in your closet for garments that can be made over into something different. Perhaps you have a coat that can be made into a jacket; or an evening gown that would make an attractive street dress. Look over your wardrobe now. If you are interested in re-making clothes, write me for a bulletin which gives many suggestions.

Margaret M. Fitzpatrick
Asst. C. Club Agent

Peanut Honey Sauce

Mix together ½ cup honey and 1/2 cup chopped peanuts. This is good served over shredded wheat biscuit split and toasted, or toasted triscuit.

NATIONAL CONTEST WINNERS

Jerold Chadwick of West Boxford and Gladys Kimball of Haverhill both won \$25 War Bonds in the Dairy Production contests. Eight bonds were given in the state to eight different 4-H members who excelled in Dairy work. The Kraft Creese Co. donated the awards.

Lee Powers of Merrimac, won a \$25 bond in the National Garden contest sponsored by Sears Roebuck Co. Lee was declared State winner in this contest and is competing with other states for a free trip to the National 4-H Club Congress in Chicago.

Boyd Berrett of Saugus was declared state winner in the Leadership contest. The award will be a two weeks trip to Camp Minawanka, Michigan, next summer. Boyd just completed his seventh year as a 4-H member.

Harold Coleman of West Gloucester won a \$25 bond in the National Poultry contest, sponsored by International Harvester Co. Harold has a very outstanding Turkey project.

Elaine Adams of Ipswich won a \$25 bond in the National Safety contest sponsored by the Mennen Co. Elaine has won the award for two consecutive years. She has also raised a steer (Polled Hereford) to the weight of 1250 pounds.

Robert Bartlett of Salisbury won a \$50 War Bond in the National Soil Conservation contest sponsored by the Firestone Co. Robert mapped his father's 300 acre farm, and made a level for laying out contour strips as well as planting some trees in a Forestry project.

A total of \$175 in War Bonds was won by these Essex County 4-H members. The next highest honor would be to win a trip to the National 4-H Club Congress in Chicago in December. If they continue their good work one or more may obtain this goal.

SOIL CONSERVATION MEETING

On November 15 the Batt's Hill 4-H club of Salisbury held a meeting entirely on Soil Conservation. Dr. Beaumont Soil Conservation Specialist from Massachusetts State College was present and gave an illustrated lecture on Conservation. Dr. Beaumont showed a fine colored sound film entitled "Building Back". This film showed various measures of conserving the soil.

The lecture was arranged by Robert Bartlett of Salisbury as part of his National Soil Conservation contest for next year.

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